

Diabetes



Complications from DVT kill more than AIDS and breast cancer combined.



Revised International Table of Glycemic Index (GI) and Glycemic Load (GL) Values—2002

By Rick Mendosa

This is the definitive table for both the glycemic index and the glycemic load. I am able to reproduce it here courtesy of the author, Professor Jennie-Brand Miller of the University of

- Sydney. It is based on a table with more columns but no more foods published July 2002 in the *American Journal of Clinical Nutrition*, pages 5-56.
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- This table includes 750 foods. Not all of them, however, are available in the United States. They represent a true
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Basics

- international effort of testing around the world.

Complications

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- The glycemic index (GI) is a numerical system of measuring how fast a carbohydrate triggers a rise in circulating blood sugar—the higher the number, the greater the blood sugar response. So a low GI food will cause a small rise, while a high GI food will trigger a dramatic spike. A list of carbohydrates with their glycemic values is shown below. A GI of 70 or more is high, a GI of 56 to 69 inclusive is medium, and a GI of 55 or less is low.

The glycemic load (GL) is a relatively new way to assess the impact of carbohydrate consumption that takes the glycemic index into account, but gives a fuller picture than does glycemic index alone. A GI value tells you only how rapidly a particular carbohydrate turns into sugar. It doesn't tell you how much of that carbohydrate is in a serving of a particular food. You need to know both things to understand a food's effect on blood sugar. That is where glycemic load comes in. The carbohydrate in watermelon, for example, has a high GI. But there isn't a lot of it, so watermelon's glycemic load is relatively low. A GL of 20 or more is high, a GL of 11 to 19 inclusive is medium, and a GL of 10 or less is low.

Foods that have a low GL almost always have a low GI. Foods with an intermediate or high GL range from very low to very high GI.

Both GI and GL are listed here. The GI is of foods based on the glucose index—where glucose is set to equal 100. The other is the glycemic load, which is the glycemic index divided by 100 multiplied by its available carbohydrate content (i.e. carbohydrates minus fiber) in grams. (The "Serve size (g)" column is the serving size in grams for calculating the glycemic load; for simplicity of presentation I have left out an intermediate column that shows the available carbohydrates in the stated serving sizes.) Take, watermelon as an example of calculating glycemic load. Its glycemic

*GI of 55 is low;
GL of 10 is low.*

index is pretty high, about 72. According to the calculations by the people at the University of Sydney's Human Nutrition Unit, in a serving of 120 grams it has 6 grams of available carbohydrate per serving, so its glycemic load is pretty low, $72/100*6=4.32$, rounded to 4.

My previous glycemic lists page, which was based on the original 1995 "International Tables of Glycemic Index," had different listings. I dropped the listing based on the white bread index, because it confused too many people. To convert values based on the index where glucose = 100 to the index where white bread = 100 simply multiply by 1.4. Previously this page also had a list of foods in order of G.I.

Except as noted, each of the G.I. values shown below are based on the 120 studies in the professional literature referenced in the *American Journal of Clinical Nutrition*, July 2002.

I know that some people would prefer the relative simplicity of a list of just the most common American foods. You can find such a list at http://www.mendosa.com/common_foods.htm.

If you are looking for a relatively simple description of the glycemic index, please see my article titled "The Glycemic Index" at <http://www.mendosa.com/gidigest.htm>.

You can print out this file. But before printing, be sure to check if the last column is fully visible. On my computer I needed to change the margins in Internet Explorer (with file, page setup) from 0.75 inches to 0.25 inches. You may need to make it even wider by changing the print setup orientation from the normal portrait to landscape. Then, please first check if you've got it by printing just one page *of the table*.

This table may be freely utilized for personal use, but may not be copied to any other Web site. Webmasters of other Web sites are, however, welcomed to link this Web page.

This "revised" table now (September 6, 2002) corrects 14 glycemic load calculations from the version printed in the *American Journal of Clinical Nutrition*. A correspondent, Ralph Brown, discovered eight inconsistencies, and I found six others. When I brought this to the attention of the team at the University of Sydney, they prepared a correction for the journal to print.

Before asking about the glycemic index or glycemic load, please refer to my main [Glycemic Index page](#).

REVISED INTERNATIONAL TABLE OF GLYCEMIC INDEX (GI) AND GLYCEMIC LOAD (GL)—2002¹		Food Number and Item	GI²	Serve	GL³
			glucose size =100	per grams	serv
BAKERY PRODUCTS					
Cakes					
1	Angel food cake (Loblaw's, Toronto, Canada)		67	50	19
2	Banana cake, made with sugar		47±8	80	18
3	Banana cake, made without sugar		55±10	80	16
4	Chocolate cake made from packet mix with chocolate frosting (Betty Crocker, General Mills Inc., Minneapolis, MN, USA)	38±3	111	20	
5	Cupcake, strawberry-iced (Squiggles, Farmland, Grocery Holdings, Tooronga, Vic, Australia)	73±12	38	19	
6	Lamingtons (sponge dipped in chocolate and coconut) (Farmland, Grocery Holdings, Australia)	87±17	50	25	
7	Pound cake (Sara Lee Canada, Bramalea, Canada)	54	53	15	
8	Sponge cake, plain	46±6	63	17	
9	Vanilla cake made from packet mix with vanilla frosting (Betty Crocker, USA)	42±4	111	24	

10	Croissant (Food City, Toronto, Canada)	67	57	17
11	Crumpet (Dempster's Corporate Foods Ltd., Etobicoke, Canada)	69	50	13
12	Doughnut, cake type (Loblaw's, Canada)	76	47	17
13	Flan cake (Weston's Bakery, Toronto, Canada)	65	70	31
14	Muffins			
	Apple, made with sugar ⁴	44±6	60	13
	Apple, made without sugar ⁴	48±10	60	9
	Apple, oat, sultana, made from packet mix (Defiance Milling Co., Acacia Ridge, Qld, Australia)	54±4	50	14
	Apricot, coconut and honey, made from packet mix (Defiance Milling Co., Australia)	60±4	50	16
	Banana, oat and honey, made from packet mix (Defiance Milling Co., Australia)	65±11	50	17
	Bran (Culinar Inc., Grandma Martin's Muffins, Aurora, Canada)	60	57	15
	Blueberry (Culinar Inc., Canada)	59	57	17
	Carrot (Culinar Inc., Canada)	62	57	20
	Chocolate butterscotch, made from packet mix (Defiance Milling Co., Australia)	53±5	50	15
	Corn muffin, low-amyllose ⁵	102	57	30
	Corn muffin, high-amyllose ⁵	49		
	Oatmeal, muffin, made from mix (Quaker Oats Co. of Canada, Peterborough, Canada)	69	50	24
15	Pancakes, prepared from shake mix (Green's General Foods, Glendenning, NSW, Australia)	67±5	80	39
16	Pancakes, buckwheat, gluten-free, made from packet mix (Orgran Natural Foods, Carrum Downs, Vic, Australia)	102±11	77	22
17	Pastry	59±6	57	15
18	Pikelets, Golden brand (Tip Top Bakeries, Chatswood, NSW, Australia)	85±14	40	18
19	Scones, plain, made from packet mix (Defiance Milling Co., Australia)	92±8	25	8
20	Waffles, Aunt Jemima (Quaker Oats Co. of Canada)	76	35	10

BEVERAGES

21	Coca Cola®				
	Coca Cola®, soft drink (Coca Cola Amatil, Sydney, NSW, Australia)	53±7	250	14	
	Coca Cola®, soft drink/soda (Coca Cola Bottling Company, Atlanta, GA, USA)	63	250	16	
	mean of two types	58±5			
22	Cordial, orange, reconstituted (Berri Ltd., Berri, SA, Australia)	66±8	250	13	
23	Fanta®, orange soft drink (Coca Cola Amatil, Australia)	68±6	250	23	
24	Lucozade®, original (sparkling glucose drink) (Glaxo Wellcome Ltd., Uxbridge, Middlesex, UK)	95±10	250	40	
25	Smoothie, raspberry (Con Agra Inc., Omaha, NE, USA)	33±9	250	14	
26	Smoothie drink, soy, banana (So Natural Foods, Tarren Point, NSW, Australia) ⁶	30±3	250	7	
27	Smoothie drink, soy, chocolate hazelnut (So Natural Foods, Australia) ⁶	34±3	250	8	
28	Solo™, lemon squash, soft drink (Cadbury Schweppes, Sydney, NSW, Australia) ⁶	58±5	250	17	
29	Up & Go, cocoa malt flavor (soy milk, rice cereal liquid breakfast) ⁶ (Sanitarium Health Foods, Berkeley Vale, NSW, Australia)	43±5	250	11	
30	Up & Go, original malt flavor (soy milk, rice cereal liquid breakfast) ⁶ (Sanitarium Health Foods, Australia)	46±5	250	11	
31	Xpress, chocolate (soy bean, cereal and legume extract drink with fructose) ⁶ (So Natural Foods, Australia)	39±2	250	13	
	Juices				
32	Apple juice				
	Apple juice, pure, unsweetened, reconstituted (Berri Ltd., Berri, SA, Australia)	39±5			
	Apple juice, unsweetened	40			
	Apple juice, unsweetened (Allens, Toronto, Canada)	41			
	mean of three studies	40±1	250	12	
33	Apple juice, pure, clear, unsweetened (Wild About Fruit, Wandin, Vic, Australia)	44±2	250	13	
34	Apple juice, pure, cloudy, unsweetened (Wild About Fruit, Australia)	37±3	250	10	
35	Apple and cherry juice, pure, unsweetened (Wild About Fruit, Australia)	43±3	250	14	

36	Carrot juice, freshly made (Sydney, Australia) ⁶	43±3	250	10
37	Cranberry juice cocktail (Ocean Spray [®] , Melbourne, Vic, Australia)	52±3	250	16
38	Cranberry juice cocktail (Ocean Spray [®] Inc., Lakeville-Middleboro, MA, USA)	68±3	250	24
39	Cranberry juice drink, Ocean Spray [®] (Gerber Ltd., Bridgewater, Somerset, UK)	56±4	250	16
40	Grapefruit juice, unsweetened (Sunpac, Toronto, Canada)	48	250	11
41	Orange juice			
	Orange Juice (Canada)	46±6		
	Orange juice, unsweetened, reconstituted (Quelch [®] , Berri Ltd., Carlton, Vic, Australia)	53±6		
	mean of two studies	50±4	250	13
42	Pineapple juice, unsweetened (Dole Packaged Foods, Toronto, Canada)	46	250	16
43	Tomato juice, canned, no added sugar (Berri Ltd., Berri, SA, Australia) ⁶	38±4	250	4
44	Yakult [®] , fermented milk drink with Lactobacillus casei (Yakult, Dandenong, Vic, Australia)	46±6	65	6
	Sports drinks			
45	Gatorade [®] (Spring Valley Beverages Pty Ltd., Cheltenham, Vic, Australia)	78±13	250	12
46	Isostar [®] (Novartis Consumer Health, Nyon, Switzerland)	70±15	250	13
47	Sports Plus [®] (Berri Ltd., Berri, SA, Australia)	74±6	250	13
48	Sustagen Sport [®] (Mead Johnson, Rydalmere, NSW, Australia)	43±9	250	21
	Drinks made from drinking mix powders			
49	Build-Up TM nutrient-fortified drink, vanilla with fiber, (Nestlé, Sydney, NSW, Australia)	41±4	250	14
50	Complete Hot Chocolate mix made with hot water (Nestlé, Australia)	51±3	250	11
51	Hi-Pro energy drink mix, vanilla, containing soy protein and whey powder (Harrod foods, Sefton, NSW, Australia) mixed in reduced-fat (1.5%) cow's milk	36±3	250	7
52	Malted milk powder in full-fat cow's milk (Nestlé, Australia)	45±3	250	12
53	MiloTM (chocolate nutrient-fortified drink powder)			
	Milo TM (Nestlé, Australia) dissolved in water	55±3	250	9
	Milo TM (Nestlé, Auckland, New Zealand) dissolved in water	52±5	250	9
	mean of two studies	54±2		

	Milo™ (Nestlé, Australia) dissolved in full-fat cow's milk	35±2	250	9
	Milo™ (Nestlé, New Zealand) dissolved in full-fat cow's milk	36±3	250	9
	mean of two studies	36±1		
54	Nutrimeal™, meal replacement drink, Dutch Chocolate (Usana, Salt Lake City, UT, USA)	26±3	250	4
55	Quik™ (sweet drink powder)			
	Quik™, chocolate (Nestlé, Sydney, NSW, Australia), dissolved in water	53±5	250	4
	Quik™, chocolate (Nestlé, Australia), dissolved in 1.5% fat milk	41±4	250	5
	Quik™, strawberry (Nestlé, Australia), dissolved in water	64±8	250	5
	Quik™, strawberry (Nestlé, Australia), dissolved in 1.5% fat milk	35±3	250	4

BREADS

56	Bagel, white, frozen (Lender's Bakery, Montreal, Canada)	72	70	25
57	Baguette, white, plain (France)	95±15	30	15
58	French baguette with chocolate spread (France)	72±8	70	27
59	French baguette with butter and strawberry jam (France)	62±7	70	26
60	Pain au lait (Pasquier, France)	63±10	60	20
61	Bread stuffing, Paxo (Campbell Soup Co Ltd., Toronto, Canada)	74	30	16

Barley Breads

62	Coarse barley kernel bread, 75-80% kernels			
	75% kernels	27	30	5
	80% scalded intact kernels (20% white wheat flour)	34	30	7
	80% intact kernels (20% white wheat flour)	40	30	8
	mean of three studies	34±4		
63	Barley kernel bread, 50% kernels			
	50% kernels (Canada)	43	30	9
	50% kibbled barley (Australia)	48	30	10
	mean of two studies	46±2	30	9

64	Sunflower and barley bread (Riga bakeries, Sydney, NSW, Australia)	57±6	30	6
65	Barley flour breads			
	100% barley flour (Canada); (rye bread composition)	67	30	9
	Wholemeal barley flour (80%) bread (20% white wheat flour) (Sweden)	67	30	13
	Wholemeal barley bread, flat, thin, soft (50% regular barley flour, 50% high-fibre barley flour) (Sweden)	50	30	7
	Wholemeal barley bread, flat, thin, soft (20% regular barley flour, 80% high-fibre barley flour) (Sweden)	43	30	5
66	Wholemeal barley flour (80%) and white wheat flour (20%) breads - fermented or with added organic acids or salts (Sweden)			
	Wholemeal barley flour bread (used as reference for the 5 breads below) ⁵	70	30	14
	Wholemeal barley flour bread with sourdough (lactic acid) ⁵	53	30	10
	Wholemeal barley flour bread with lactic acid ⁵	66	30	12
	Wholemeal barley flour bread with calcium lactate ⁵	59	30	12
	Wholemeal barley flour bread with sodium propionate ⁵	65	30	13
	Wholemeal barley flour bread with higher dose sodium propionate ⁵	57	30	11
	Buckwheat bread			
67	Buckwheat bread, 50% dehusked buckwheat groats and 50% white wheat flour (Sweden)	47	30	10
	Fruit Breads			
68	Bürgen™ Fruit loaf (Tip Top Bakeries, Chatswood, NSW, Australia)	44±5	30	6
69	Fruit and Spice Loaf, thick sliced (Buttercup bakeries, Moorebank, NSW, Australia)	54±6	30	8
70	Continental fruit loaf, wheat bread with dried fruit (Australia)	47±6	30	7
71	Happiness™ (cinnamon, raisin, pecan bread) (Natural Ovens, Manitowoc, WI, USA)	63±5	30	9
72	Muesli bread, made from packet mix in bread making machine (Con Agra Inc., USA)	54±6	30	7
73	Hamburger bun (Loblaw's, Toronto, Canada)	61	30	9
74	Kaiser rolls (Loblaw's, Canada)	73	30	12
75	Melba toast, Old London (Best Foods Canada Inc., Etobicoke, Canada)	70	30	16

Gluten-free bread				
76	Gluten-free multigrain bread (Country Life Bakeries, Dandenong, Vic, Australia)	79±13	30	10
77	Gluten-free white bread, unsliced (gluten-free wheat starch) (UK)	71	30	11
	Gluten-free white bread, sliced (gluten-free wheat starch) (UK)	80	30	12
	mean of two studies	76±5	30	11
78	Gluten-free fiber-enriched, unsliced (gluten-free wheat starch, soya bran) (UK)	69	30	9
	Gluten-free fiber-enriched, sliced (gluten-free wheat starch, soya bran) (UK)	76	30	10
	mean of two studies	73±4	30	9
Oat Bread				
79	Coarse oat kernel bread, 80% intact oat kernels and 20% white wheat flour (Sweden)	65	30	12
Oat bran bread				
80	50% oat bran (Australia)	44	30	8
81	45% oat bran and 50% wheat flour (Sweden)	50	30	9
	mean of two studies	47±3	30	9
Rice bread				
82	Rice bread, low-amyllose Calrose rice (Pav's Allergy Bakery, Ingleburn, NSW, Australia)	72±9	30	8
83	Rice bread, high-amyllose Doongara rice (Pav's Allergy Bakery, Australia)	61±9	30	7
Rye Bread				
84	Rye kernel (pumpernickel) bread			
	Coarse rye kernel bread, 80% intact kernels and 20% white wheat flour (Sweden)	41	30	5
	Rye kernel bread (Pumpernickel) (Canada)	41	30	5
	Wholegrain pumpernickel (Holtzheuser Brothers Ltd., Toronto, Canada)	46	30	5
	Rye kernel bread, Pumpernickel (80% kernels) (Canada)	55	30	7
	Cocktail, sliced (Kassellar Food Products, Toronto, Canada)	55	30	7
	Cocktail, sliced (Kassellar Food Products, Canada)	62	30	8
	mean of six studies	50±4	30	6
85	Wholemeal rye bread			

Wholemeal rye bread (Canada)		41		
Wholemeal rye bread (Canada)		62		
Wholemeal rye bread (Canada)		63		
Wholemeal rye bread (Canada)		66		
mean of four studies	58±6	30	8	
Specialty rye breads				
86 Blackbread, Riga (Berzin's Specialty Bakery, Sydney, NSW, Australia)	76±14	30	10	
87 Bürgen™ Dark/Swiss rye (Tip Top Bakeries, Australia)	55±12			
Bürgen™ Dark/Swiss rye (Tip Top Bakeries, Australia)	74±6			
mean of two studies	65±10	30	7	
88 Klosterbrot wholemeal rye bread (Dimpflmeier Bakery Ltd., Canada)	67	30	9	
89 Light rye (Silverstein's Bakery, Toronto, Canada)	68	30	10	
90 Linseed rye (Rudolph's Specialty Bakery Ltd., Toronto, Canada)	55	30	7	
91 Roggenbrot, Vogel's (Stevns & Co, Sydney, NSW, Australia)	59±5	30	8	
92 Schinkenbrot, Riga (Berzin's Specialty Bakery, Sydney, NSW, Australia)	86±15	30	12	
93 Sourdough rye (Canada)	57			
Sourdough rye (Australia)	48			
mean of two studies	53±5	30	6	
94 Volkornbrot, wholemeal rye bread (Dimpflmeier Bakery Ltd., Canada)	56	30	7	
Wheat Breads				
95 Coarse wheat kernel bread, 80% intact kernels and 20% white wheat flour (Sweden)	52	30	10	
Cracked wheat kernel (bulgur) bread				
50% cracked wheat kernel (Canada)	58	30	12	
75% cracked wheat kernels (Canada)	48	30	10	
mean of two studies	53±3	30	11	
Spelt wheat breads				
97 White spelt wheat bread ⁹ (Slovenia)	74	30	17	

98 Wholemeal spelt wheat bread ⁹ (Slovenia)	63	30	12
99 Scalded spelt wheat kernel bread ⁹ (Slovenia)	67	30	15
100 Spelt multigrain bread [®] (Pav's bakery, Australia)	54±10	30	7
101 White wheat flour bread			
White flour (Canada)	69±5	30	10
White flour (USA)	70	30	10
White flour, Sunblest TM (Tip Top Bakeries, Australia)	70	30	10
White flour (Dempster's Corporate Foods Ltd., Canada)	71	30	10
White flour (South Africa)	71±7	30	9
White flour (Canada)	71	30	10
mean of six studies	70±0	30	10
102 White wheat flour bread, hard, toasted (Italian)	73	30	11
103 Wonder TM , enriched white bread (Interstate Brands Companies, Kansas City, MO, USA)	71±9		
Wonder TM , enriched white bread (Interstate Brands Companies, USA)	72±4		
Wonder TM , enriched white bread (Interstate Brands Companies, USA)	77±3		
mean of three studies	73±2	30	10
104 White Turkish bread (Turkey)	87	30	15
White bread with enzyme inhibitors			
105 White bread + acarbose (200mg) (Mexico)	18	30	3
White bread + acarbose (200mg) (Mexico)	50	30	8
mean in two groups of subjects	34±16	30	6
106 White bread roll + 3 mg trestatin (pancreatic alpha-amylase inhibitor) (Switzerland) ⁵	48	30	6
107 White bread roll + 6 mg trestatin (Switzerland) ⁵	29	30	4
White bread with soluble fiber			
108 White bread + 15 g psyllium fiber (Plantago psyllium) (Mexico)	41	30	7
White bread + 15 g psyllium fiber (Plantago psyllium) (Mexico)	65	30	11
mean in two groups of subjects	53±12	30	9

109 White bread eaten with vinegar as vinaigrette (Sweden)	45	30	7
110 White bread eaten with powdered dried seaweed (Nori alga) (Spain)	48	30	7
111 White bread containing Eurylon® high-amylose maize starch (France) ¹²	42	30	8
White fiber-enriched bread			
112 White, high-fiber (Dempster's Corporate Foods Ltd., Canada)	67		
113 White, high-fiber (Weston's Bakery, Toronto, Canada)	69		
mean of two studies	68±1	30	9
White resistant starch-enriched bread			
114 Fibre White™ (Nature's Fresh, Auckland, New Zealand)	77±10	30	11
115 Wonderwhite™ (Buttercup Bakeries, Australia)	80±8	30	11
116 Wholemeal (whole wheat) wheat flour bread			
Wholemeal flour (Canada)	52	30	6
Wholemeal flour (Canada)	64	30	8
Wholemeal flour (Canada)	65	30	8
Wholemeal flour (Canada)	67	30	8
Wholemeal flour (Canada)	67	30	8
Wholemeal flour (Canada)	69	30	8
Wholemeal flour (Canada)	71	30	8
Wholemeal flour (Canada)	72±6	30	8
Wholemeal flour (USA) ⁵	73	30	10
Wholemeal flour (South Africa)	75±9	30	9
Wholemeal flour (Tip Top Bakeries, Australia)	77±9	30	9
Wholemeal flour (Tip Top Bakeries, Australia)	78±16	30	9
Wholemeal flour (Kenya)	87	30	11
mean of thirteen studies	71± 2	30	9
117 Wholemeal Turkish bread	49	30	8
Specialty wheat breads			

118 Bürgen® Mixed Grain bread (Australia)

Bürgen® Mixed Grain (Tip Top Bakeries, Chatswood, NSW, Australia)	34±4		
Bürgen® Mixed Grain	45±12		
Bürgen® Mixed Grain	69±6		
mean of three studies	49±10	30	6
119 Bürgen® Oat Bran & Honey Loaf with Barley (Tip Top Bakeries, Australia)	31±3	30	3
120 Bürgen® Soy-Lin, kibbled soy (8%) and linseed (8%) loaf (Tip Top Bakeries, Australia)	36±4	30	3
121 English Muffin™ bread (Natural Ovens, USA)	77±7	30	11
122 Healthy Choice™ Hearty 7 Grain (Con Agra Inc., USA)	55±6	30	8
123 Healthy Choice™ Hearty 100% Whole Grain (Con Agra Inc., USA)	62±6	30	9
124 Helga's™ Classic Seed Loaf (Quality Bakers, Sydney, NSW, Australia)	68±9	30	9
125 Helga's™ traditional wholemeal bread (Quality Bakers, Australia)	70±14	30	9
126 Hunger Filler™, whole grain bread (Natural Ovens, USA)	59±8	30	7
127 Molenberg™ (Goodman Fielder, Auckland, New Zealand)	75±10		
Molenberg™ (Goodman Fielder, New Zealand)	84±8		
mean of two studies	80±5	30	11
128 9-Grain Multi-Grain (Tip Top Bakeries, Australia)	43±5	30	6
129 Multigrain Loaf, spelt wheat flour (Australia)	54±10	30	8
130 Multigrain (50% kibbled wheat grain) (Australia)	43	30	6
131 Nutty Natural™, whole grain bread (Natural Ovens, USA)	59±7	30	7
132 Performax™ (Country Life Bakeries, Dandenong, Vic, Australia)	38±3	30	5
133 Ploughman's™ Wholegrain, original recipe (Quality Bakers, Australia)	47	30	7
134 Ploughman's™ Wholemeal, smooth milled (Quality Bakers, Australia)	64±10	30	9
135 Semolina Bread (Kenya)	64		
136 Sourdough wheat (Australia)	54	30	8
137 Soy & Linseed bread (made from packet mix in bread maker) (Con Agra Inc., USA)	50±6	30	5
138 Stay Trim™, whole grain bread (Natural Ovens, USA)	70±10	30	10

139 Sunflower & Barley bread, Riga brand (Berzin's Specialty Bakery, Australia)	57±6	30	7
140 Vogel's Honey & Oats (Stevns & Co., Sydney, NSW, Australia)	55±5	30	7
141 Vogel's Roggenbrot (Stevns & Co., Australia)	59±5	30	8
142 Whole-wheat snack bread (Ryvita Co Ltd., Poole, Dorset, UK)	74	30	16
143 100% Whole Grain TM bread (Natural Ovens, USA)	51±11	30	7
144 White wheat flour flatbread (Sweden)	79	30	13

Unleavened Breads

145 Lebanese bread, white (Seda Bakery, Sydney, NSW, Australia)	75±9	30	12
146 Middle Eastern flatbread	97±29	30	15
147 Pita bread, white (Canada)	57	30	10
148 Wheat flour flatbread (India)	66±9	30	10
149 Amaranth : wheat (25:75) composite flour flatbread (India)	66±10	30	10
150 Amaranth : wheat (50:50) composite flour flatbread (India)	76±20	30	11

BREAKFAST CEREALS AND RELATED PRODUCTS

151 All-Bran TM (high-fiber, extruded wheat bran cereal)			
All-Bran TM (Kellogg's, Pagewood, NSW, Australia) ¹³	30	30	4
All-Bran TM (Kellogg's, Battle Creek, MI, USA)	38	30	9
All-Bran TM (Kellogg's Inc., Etobicoke, Canada)	50	30	9
All-Bran TM (Kellogg's Inc., Canada)	51±5	30	9
mean of four studies	42±5		
152 All-Bran Fruit 'n Oats TM (Kellogg's, Australia)	39	30	7
153 All-Bran Soy 'n Fibre TM (Kellogg's, Australia)	33±3	30	4
154 Amaranth (<i>Amaranthus esculentum</i>) popped, eaten with milk and non-nutritive sweetener (India)	97±19	30	18
Barley porridge			
155 Wholemeal barley flour porridge (100% regular barley)	68	50 (dry)	23

	(flour:water = 1:3), boiled 2.5 min (Sweden)			
156	Wholemeal high-fibre barley flour porridge (50% regular barley flour: 50% high-fibre barley flour) (Sweden)	55	50 (dry)	8
157	Barley porridge made from steamed thin (0.5 mm) dehulled barley flakes (Sweden)	62	50 (dry)	17
158	Barley porridge made from steamed thick (1.0 mm) dehulled barley flakes (Sweden)	65	50 (dry)	18
159	Bran Buds TM (Kellogg's Inc., Canada) ¹⁵	58	30	7
160	Bran Buds with psyllium (Kellogg's Inc., Canada) ¹⁵	47	30	6
161	Bran Chex TM (Nabisco Brands Ltd., Toronto, Canada) ¹⁵	58	30	11
162	Bran Flakes TM (Kellogg's, Australia)	74	30	13
163	Cheerios TM (General Mills Inc., Etobicoke, Canada) ¹⁵	74	30	15
164	Chocapic TM (Nestlé, France)	84±9	30	21
165	Coco Pops TM (cocoa flavoured puffed rice)			
	Coco Pops TM (Kellogg's, Australia)	77±8		
	Coco Pops TM (Kellogg's, Australia)	77±3		
	mean of two studies	77	30	20
166	Corn Bran TM (Quaker Oats Co. of Canada, Peterborough, Canada) ¹⁵	75	30	15
167	Corn Chex TM (Nabisco Brands Ltd., Canada) ¹⁵	83	30	21
168	Cornflakes TM			
	Cornflakes TM (Kellogg's, Auckland, New Zealand)	72±16	30	18
	Cornflakes TM (Kellogg's, Australia)	77	30	20
	Cornflakes TM (Kellogg's Inc., Canada)	80±6	30	21
	Cornflakes TM (Kellogg's Inc., Canada)	86	30	22
	Cornflakes TM (Kellogg's, USA) ⁵	92	30	24
	mean of five studies	81±3	30	21
169	Cornflakes, high-fiber (Presidents Choice, Sunfresh Ltd., Toronto, Canada) ¹⁵	74	30	17
170	Cornflakes, Crunchy Nut TM (Kellogg's, Australia)	72±4	30	17
171	Corn Pops TM (Kellogg's, Australia)	80±4	30	21

172 Cream of Wheat TM (Nabisco Brands Ltd., Canada) ¹⁵	66	250	17
173 Cream of Wheat TM , Instant (Nabisco Brands Ltd., Canada) ¹⁵	74	250	22
174 Crispix TM (Kellogg's Inc., Canada) ¹⁵	87	30	22
175 Energy Mix TM (Quaker, France)	80±7	30	19
176 Froot Loops TM (Kellogg's, Australia)	69±9	30	18
177 Frosties TM , sugar-coated cornflakes (Kellogg's, Australia)	55	30	15
178 Fruitful Lite TM (Hubbards, Auckland, New Zealand)	61±20	30	12
179 Fruity-Bix TM , berry (Sanitarium, Auckland, New Zealand)	113±10	30	25
180 Golden Grahams TM (General Mills Inc., Canada) ¹⁵	71	30	18
181 Golden Wheats TM (Kellogg's, Australia)	71±8	30	16
182 Grapenuts TM			
Grapenuts TM (Post, Kraft General Foods Inc., Toronto, Canada) ¹⁵	67	30	13
Grapenuts TM (Kraft Foods Inc., Port Chester, NY, USA)	75±6	30	16
mean of two studies	71±4	30	15
183 Grapenuts TM Flakes (Post, Kraft General Foods Inc., Canada) ¹⁵	80	30	17
184 Guardian TM (Kellogg's, Australia)	37±9	30	5
185 Healthwise TM for bowel health (Uncle Toby's, Wahgunyah, Vic, Australia)	66±9	30	12
186 Healthwise TM for heart health (Uncle Toby's, Australia)	48±5	30	9
187 Honey Rice Bubbles TM (Kellogg's, Australia)	77±4	30	20
188 Honey Smacks TM (Kellogg's, Australia)	71±10	30	16
189 Hot cereal, apple & cinnamon (Con Agra Inc., USA)	37±6	30	8
190 Hot cereal, unflavoured (Con Agra Inc., USA)	25±5	30	5
191 Just Right TM (Kellogg's, Australia)	60±15	30	13
192 Just Right Just Grains TM (Kellogg's, Australia)	62±11	30	14
193 Komplete TM (Kellogg's, Australia)	48±5	30	10
194 Life TM (Quaker Oats Co., Canada) ¹⁵	66	30	16
195 Mini Wheats TM , whole wheat (Kellogg's, Australia)	58±8	30	12

196 Mini Wheats TM , blackcurrant (Kellogg's, Australia)	72±10	30	15
Muesli			
197 Muesli, NS (Canada)	66±9	30	16
198 Alpen Muesli (Wheatabix, France)	55±10	30	10
199 Muesli, gluten-free (Freedom Foods, Cheltenham, Vic, Australia) with 1.5% fat milk	39±6	30	7
200 Muesli, Lite (Sanitarium, New Zealand)	54±12	30	10
201 Muesli, Natural (Sanitarium, New Zealand)	57±9	30	11
202 Muesli, Natural (Sanitarium, Australia)	40±6	30	8
mean of two studies	49±9	30	10
203 Muesli, No Name (Sunfresh Ltd., Toronto, Canada) ¹⁵	60	30	11
204 Muesli, Swiss Formula (Uncle Toby's, Australia)	56±8	30	9
205 Muesli, toasted (Purina, Sydney, NSW, Australia)	43+4	30	7
206 Nutrigrain TM (Kellogg's, Australia)	66±12	30	10
207 Oat 'n Honey Bake TM (Kellogg's, Australia)	77±11	30	13
208 Oat bran			
Oat bran, raw (Quaker Oats Co., Canada) ¹⁵	50	10	2
Oat bran, raw	59	10	3
mean of two studies	55±5	10	3
209 Porridge made from rolled oats			
Porridge (Uncle Toby's, Australia) ¹³	42	250	9
Porridge (Canada) ¹⁶	49±8	250	11
Traditional porridge oats (Lowan Whole Foods, Box Hill, Vic, Australia)	51±8	250	11
Porridge (Hubbards, New Zealand)	58±9	250	12
Porridge (Australia)	58±4	250	12
Porridge (Canada)	62	250	14
Porridge (Canada)	69	250	16
Porridge (USA) ⁶	75	250	17

mean of eight studies	58±4	250	13
210 Wholemeal oat flour porridge (flour:water = 1:3), boiled 2.5 min (Sweden)	74	50 (dry)	24
211 Oat porridge made from thick (1.0 mm) dehulled oat flakes (Sweden)	55	250	15
212 Oat porridge made from roasted thin (0.5 mm) dehulled oat flakes (Sweden)	69	250	19
213 Oat porridge made from roasted thick (1.0 mm) dehulled oat flakes (Sweden)	50	250	14
214 Oat porridge made from roasted and steamed thin (0.5 mm) dehulled oat flakes (Sweden)	80	250	22
215 Oat porridge made from steamed thick (1.0 mm) dehulled oat flakes (Sweden)	53	250	14
216 Instant Porridge			
Quick Oats (Quaker Oats Co., Canada)	65		
One Minute Oats (Quaker Oats Co., Canada) ¹⁵	66		
mean of two studies	66±1	250	17
217 Pop Tarts TM , Double Chocolate (Kellogg's, Australia)	70±2	50	25
218 Pro Stars TM (General Mills Inc., Canada) ¹⁵	71	30	17
219 Puffed Wheat			
Puffed Wheat (Quaker Oats Co., Canada) ¹⁵	67	30	13
Puffed Wheat (Sanitarium, Australia)	80±11	30	17
mean of two studies	74±7	30	16
220 Raisin Bran TM (Kellogg's, USA)	61±5	30	12
221 Red River Cereal (Maple Leaf Mills, Toronto, Canada)	49	30	11
222 Rice Bran, extruded (Rice Growers Co-Operative Ltd., Leeton, NSW, Australia)	19±3	30	2
223 Rice BubblesTM (puffed rice)			
Rice Bubbles TM (Kellogg's, Australia) ¹³	81		
Rice Bubbles TM (Kellogg's, Australia)	85±3		
Rice Bubbles TM (Kellogg's, Australia)	95		
mean of three studies	87±4	30	22
224 Rice Chex TM (Nabisco Brands Ltd., Canada) ¹⁵	89	30	23
225 Rice Krispies TM (Kellogg's Inc., Canada) ¹⁵	82	30	21

226 Shredded Wheat		30	22
Shredded Wheat (Canada)	67±10	30	13
Shredded Wheat TM (Nabisco Brands Ltd., Canada) ¹⁵	83	30	17
mean of two studies	75±8	30	15
Special K TM - formulation of this cereal varies in different countries			
227 Special K TM (Kellogg's, Australia)	54±4	30	11
228 Special K TM (Kellogg's, USA)	69±5	30	14
229 Special K TM (Kellogg's, France)	84±12	30	20
230 Soy Tasty TM (flaked grains, soy nuts, dried fruit) (Sanitarium, Australia)	60±5	30	12
231 Soytana TM , Vogel's, soy and linseed bran crunch with sultanas (20.1 g fiber per 100 g), (Specialty Cereals, Mt Kuring-gai, NSW, Australia)	49±3	45	12
232 Sultana Bran TM (Kellogg's, Australia)	73±13	30	14
233 Sustain TM (Kellogg's, Australia) ¹³	68	30	15
234 Team TM (Nabisco Brands Ltd., Canada) ¹⁵	82	30	17
235 Thank Goodness TM (Hubbards, New Zealand)	65±18	30	15
236 Total TM (General Mills Inc., Canada) ¹⁵	76	30	17
237 Ultra-bran TM , Vogel's, soy and linseed extruded wheat bran cereal (30.2 g fiber per 100 g) (Specialty Cereals, Australia)	41±4	30	5
238 Wheat-bites TM (Uncle Toby's, Australia)	72±11	30	18
239 Wheat biscuits (plain flaked wheat)			
Vita-Brits TM (Uncle Toby's, Australia) ¹³	61	30	12
Vita-Brits TM (Uncle Toby's, Australia)	68±6	30	13
Weet-Bix TM (Sanitarium, Australia)	69	30	12
Weet-Bix TM (Sanitarium, Australia)	69±4	30	12
Weetabix TM (Weetabix of Canada Ltd., Thornhill, Canada) ¹⁵	74	30	16
Weetabix TM (Weetabix of Canada Ltd.)	75±10	30	16
Whole wheat Goldies TM (Kellogg's, Australia)	70±4	30	14

mean of seven studies	70±2	30	13
Wheat biscuits (flaked wheat) with additional ingredients			
240 Good Start™, muesli wheat biscuits (Sanitarium, Australia)	68±4	30	14
241 Hi-Bran Weet-Bix™, wheat biscuits with extra wheat bran (Sanitarium, Australia)	61±4	30	10
242 Hi-Bran Weet-Bix™ with soy and linseed (Sanitarium, Australia)	57±3	30	9
243 Honey Goldies™ (Kellogg's Australia)	72±3	30	15
244 Lite-Bix™, plain, no added sugar (Sanitarium, Australia)	70±3	30	14
245 Oat bran Weet-Bix™ (Sanitarium, Australia)	57±4	30	11
246 Sultana Goldies™ (Kellogg's Australia)	65±6	30	13
BREAKFAST CEREAL BARS			
247 Crunchy Nut Cornflakes™ bar (Kellogg's, Australia)	72±6	30	19
248 Fibre Plus™ bar (Uncle Toby's, Australia)	78±9	30	18
249 Fruity-Bix™ bar, fruit and nut, wheat biscuit cereal with dried fruit and nuts with yoghurt coating (Sanitarium, Australia)	56±4	30	10
250 Fruity-Bix™ bar, wild berry, wheat biscuit cereal with fruit and covered with yoghurt coating (Sanitarium, Australia)	51±4	30	9
251 K-Time Just Right™ bar (Kellogg's, Australia)	72±4	30	17
252 K-Time Strawberry Crunch™ bar (Kellogg's, Australia)	77±5	30	19
253 Rice Bubble Treat™ bar (Kellogg's, Australia)	63±11	30	15
254 Sustain™ bar (Kellogg's, Australia)	57±10	30	14
CEREAL GRAINS			
Amaranth			
255 Amaranth (<i>Amaranthus esculentum</i>) popped, eaten with milk and non-nutritive sweetener (India)	97±19	30	21
Barley			

256 Pearl Barley				
Barley, pearled (Canada)	22			
Barley (Canada)	22			
Barley, pot, boiled in salted water 20 min (Gouda's foods, Concord, Canada)	25±2			
Barley (Canada)	27			
Barley, pearled (Canada)	29			
mean of five studies	25±1	150	11	
257 Barley (<i>Hordeum vulgare</i>) (India)	37			
Barley (<i>Hordeum vulgare</i>) (India)	48			
mean of two groups of subjects	43±6	150	26	
258 Barley, cracked (Malthouth, Tunisia)	50	150	21	
259 Barley, rolled (Australia)	66±5	50 (dry)	25	
260 Buckwheat				
Buckwheat (Canada)	49			
Buckwheat (Canada)	51±10			
Buckwheat (Canada)	63			
mean of three studies	54±4	150	16	
261 Buckwheat groats, hydrothermally treated, dehusked, boiled 12 min (Sweden)	45	150	13	
Corn/Maize				
262 Maize (<i>Zea Mays</i>), flour made into chapatti (India)	59			
263 Maize meal porridge/gruel (Kenya)	109			
264 Cornmeal				
Cornmeal, boiled in salted water 2 min (McNair Products Co. Ltd., Toronto, Canada)	68	150	9	
Cornmeal + margarine (McNair Products Co. Ltd., Canada)	69	150	9	
mean of two studies	69±1	150	9	
265 Sweet corn				
Sweet corn, 'Honey & Pearl' variety (New Zealand)	37±12	150	11	

Sweet corn, on the cob, boiled 20 min (Australia)	48	150	14
Sweet corn (Canada)	59±11	150	20
Sweet corn (USA)	60	150	20
Sweet corn (USA)	60	150	20
Sweet corn (South Africa)	62±5	150	20
mean of six studies	53±4	150	17
266 Sweet corn, whole kernel, canned, diet-pack, drained (Featherweight, USA)	46	150	13
267 Sweet corn, frozen, reheated in microwave (Green Giant Pillsbury Ltd., Toronto, Canada)	47	150	16
268 Taco shells, cornmeal-based, baked (Old El Paso Foods Co., Toronto, Canada)	68	20	8
Couscous			
269 Couscous, boiled 5 min (Near East Food Products Co., Leominster, MA, USA)	61		
Couscous, boiled 5 min (Tunisia)	69		
mean of two studies	65±4	150	23
Millet			
270 Millet, boiled (Canada)	71±10	150	25
271 Millet flour porridge (Kenya)	107		
Rice, white			
272 Arborio, risotto rice, boiled (Sun Rice brand, Rice Growers Co-Op., Australia)	69±7	150	36
273 White (<i>Oryza sativa</i>), boiled (India)	69±15	150	30
274 Rice, boiled white, type NS			
Type NS, eaten alone (France)	45	150	14
Type NS (India)	48	150	18
Type NS (Canada)	51	150	21
Type NS (France)	52	150	19
Type NS (Canada)	56	150	23
Type NS (Pakistan)	69	150	26

Type NS (Canada)	72±9	150	30
Type NS, boiled in salted water (India)	72	150	27
Type NS, boiled 13 min (Italy)	102	150	31
Type NS (Kenya)	112	150	47
Type NS, boiled (France)	43	150	13
Type NS, boiled (France)	47	150	14
mean of 12 studies	64±7	150	23
275 Type NS, boiled in salted water, refrigerated 16-20h, reheated (India)	53	150	20
276 Type NS, boiled 13 min, then baked 10 min (Italy)	104	150	31
277 Long grain, boiled			
Long grain, boiled 5 min (Canada)	41	150	16
Long grain, white, unconverted, boiled 15 min (Mahatma brand, Riviana Foods, Wetherill Park, NSW, Australia)	50	150	21
Gem long grain (Dainty Food Inc., Toronto, Canada)	55	150	22
Long grain, white (Uncle Bens, Auckland, New Zealand)	56±7	150	24
Long grain, boiled 25 min (Surinam)	56±2	150	24
Gem long grain (Dainty Food Inc., Canada)	57	150	23
Long grain, boiled 15 min	58	150	23
Gem long grain (Dainty Food Inc., Canada)	60	150	24
Gem long grain (Dainty Food Inc., Canada)	60	150	24
Long grain, white, boiled 7 min (Star brand, Gouda foods, Concord, Canada)	64±3	150	26
mean of 10 studies	56±2	150	23
Rice, long grain, quick-cooking varieties			
278 Long grain, parboiled 10 min cooking time (Uncle Ben's, Masterfoods, Belgium)	68±6	150	25
279 Long grain, parboiled, 20 min cooking time (Uncle Ben's, Masterfoods, Belgium)	75±7	150	28
280 Long grain, white, pre-cooked, microwaved 2 min (Express Rice, plain, Uncle Ben's, Masterfoods	52±5	150	19

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Rice, specialty rices

281 Cajun Style, Uncle Ben's ® (Effem Foods Ltd., Bolton, Canada)	51	150	19
282 Garden Style, Uncle Ben's ® (Effem Foods Ltd., Canada)	55	150	21
283 Long Grain and Wild, Uncle Ben's ® (Effem Foods Ltd., Canada)	54	150	20
284 Mexican Fast and Fancy, Uncle Ben's ® (Effem Foods Ltd., Canada)	58	150	22
285 Saskatchewan wild rice (Canada)	57	150	18
286 Broken rice, white, cooked in rice cooker (Lion Foods, Bangkok, Thailand)	86±10	150	37
287 Glutinous rice, white, cooked in rice cooker (Bangsue Chia Meng Rice Mill, Bangkok, Thailand)	98±7	150	31
288 Jasmine rice, white long grain, cooked in rice cooker (Golden World Foods, Bangkok, Thailand)	109±10	150	46

Rice, white low-amylase

289 Calrose, white, medium grain, boiled (Rice Growers Co-op., Australia)	83±13	150	36
290 Sungold, Pelde, parboiled (Rice Growers Co-op., Australia)	87±7	150	37
291 Waxy (0-2% amylose) (Rice Growers Co-op., Australia)	88±11	150	38
292 Pelde, white (Rice Growers Co-op., Australia)	93±11	150	40
293 White, low-amylase, boiled (Turkey)	139	150	60

Rice, white high-amylase

294 Bangladeshi rice variety BR16 (28% amylose)	37	150	14
Bangladeshi rice variety BR16, white, long-grain (27% amylose), boiled 17.5 min	39	150	15
mean of two studies	38	150	15
295 Doongara, white (Rice Growers Co-op., Australia)	50±6		
Doongara, white (Rice Growers Co-op., Australia)	64±9		
Doongara, white (Rice Growers Co-op., Australia)	54±7		
mean of three studies	56±4	150	22
296 Koshikari (Japonica), white, short-grain, boiled 15 min then steamed 10 min (Japan)	48±8	150	18

297 Basmati

Basmati, white, boiled (Mahatma brand, Sydney, NSW, Australia)	58±8	150	22
Precooked basmati rice in pouch, white, reheated in microwave, Uncle Ben's Express ® (Masterfoods. Kings Lynn, Norfolk, UK)	57±4	150	24
Quick cooking white basmati, cooked 10 min, Uncle Ben's Superior (Masterfoods Olen, Belgium)	60±5	150	23

298 Rice, brown

Brown (Canada)	66±5	150	21
Brown, steamed (USA) ⁵	50	150	16
Brown (Oriza Sativa), boiled (South India) ⁵	50±19	150	16
mean of three studies	55±5	150	18
Calrose brown (Rice Growers Co-op., Australia)	87±8	150	33
Doongara brown, high amylose (Rice Growers Co-op., Australia)	66±7	150	24
Pelde brown (Rice Growers Co-op., Australia)	76±6	150	29
Parboiled, cooked 20 min, Uncle Ben's Natur-reis ® (Masterfoods Olen, Belgium)	64±7	150	23
Sunbrown Quick TM (Rice Growers Co-op., Australia)	80±7	150	31

299 Instant/puffed rice

Instant rice, white, boiled 1 min (Canada)	46	150	19
Instant rice, white, cooked 6 min (Trice brand, Australia)	87	150	36
Puffed, white, cooked 5 min, Uncle Ben's Snabbris ® (Masterfoods Olen, Belgium)	74±5	150	31
mean of three studies	69±12	150	29

Instant doongara, white, cooked 5 min (Rice Growers Co-op., Australia)

94±7	150	35
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300 Parboiled rice

Parboiled rice (Canada)	48	150	18
Parboiled rice (USA)	72	150	26
Converted, white, Uncle Ben's ® (Effem Foods Ltd., Canada)	45	150	16
Converted, white, boiled 20-30 min, Uncle Ben's ® (Masterfoods USA, Vernon, CA)	38	150	14

Converted, white, long grain, boiled 20-30 min, Uncle Ben's® (Masterfoods USA)	50	150	18
Boiled, 12 min (Denmark) ⁶	39	150	14
Boiled, 12 min (Denmark)	42	150	15
Boiled, 12 min (Denmark)	43	150	16
Boiled, 12 min (Denmark)	46	150	17
Long grain, boiled 5 min (Canada)	38	150	14
Long grain, boiled, 10 min (USA) ⁵	61	150	22
Long grain, boiled 15 min (Canada)	47	150	17
Long grain, boiled 25 min (Canada)	46	150	17
mean of thirteen studies	47±3	150	17
301 Parboiled rice, eaten as part of a traditional Indian meal (India)⁵	99		
302 Parboiled, low-amylase			
Bangladeshi rice variety BR2, parboiled (12% amylose)	51	150	19
Parboiled, low-amylase, Pelde, Sungold (Rice Growers Co-op., Australia)	87±7	150	34
303 Parboiled, high-amylase			
Parboiled, high-amylase (28%), Doongara (Rice Growers Co-op., Australia)	50±6	150	19
Bangladeshi rice variety BR16, parboiled (28% amylose)	35	150	13
Bangladeshi rice variety BR16, traditionally parboiled (27% amylose)	32	150	12
Bangladeshi rice variety BR16, pressure parboiled (27% amylose)	27	150	11
Bangladeshi rice variety BR4, parboiled (27% amylose)	33	150	13
Mean of 5 studies	35±4	150	14
304 Rye, whole kernels			
Rye, whole kernels (Canada)	29	50 (dry)	11
Rye, whole kernels, pressure cooked (15 psi) 30 min in 2 L water (Canada)	34	50 (dry)	13
Rye, whole kernels (Canada)	39	50 (dry)	15
mean of three studies	34±3	50 (dry)	13
Wheat			

305 Wheat, whole kernels

Wheat, whole kernels (<i>Triticum aestivum</i>) (India) ¹¹	30±9	50 (dry)	11
Wheat, whole kernels (Canada)	42	50 (dry)	14
Wheat, whole kernels, pressure cooked (15 psi) 30 min in 2 L water (Canada)	44	50 (dry)	14
Wheat, whole kernels (Canada)	48	50 (dry)	16
mean of four studies	41±3	50 (dry)	14
306 Wheat, type NS(India)	90	50 (dry)	34

307 Wheat, precooked kernels

Durum wheat, precooked, cooked 20 min (Ebly, Chateaudun, France)	52±4	50 (dry)	19
Durum wheat, precooked, cooked 10 min (Ebly, France)	50±5	50 (dry)	17
Durum wheat, precooked in pouch, reheated in microwave, Ebly Express (Ebly, France)	40±5	125	16
Quick cooking (White Wings, Sydney, NSW, Australia)	54±11	150	25

308 Semolina

Semolina, roasted at 105 °C then gelatinised with water (India)	55±9		
Semolina, steamed and gelatinised (India)	54±13		
mean of two studies	55±1	150	6

309 Cracked wheat (bulgur/bourghul)

Bulgur, boiled (Canada)	46		
Bulgur, boiled in 800 mL water 20 min (Canada)	46		
Bulgur, boiled 20 min (Canada)	46		
Bulgur, boiled 20 min (Canada)	53		
mean of four studies	48±2	150	12

COOKIES**Arrowroot**

310 Arrowroot (McCormicks's, Interbare Foods, Toronto, Canada)	63	25	13
311 Arrowroot plus (McCormicks's, Canada)	62	25	11

312 Milk Arrowroot TM (Arnotts, Sydney, NSW, Australia)	69±7	25	12
mean of three studies	65±2	25	12
313 Barquette Abricot (LU, Ris, Orangis, France)	71±6	40	23
314 Bebe Dobre Rano Chocolate (Opavia/LU, Czech Republic)	57±9	50	19
315 Bebe Dobre Rano Honey and Hazelnuts (Opavia/LU, Czech Republic)	51±9	50	17
316 Bebe Jemne Susenky (Opavia/LU, Czech Republic)	67±11	25	14
317 Digestives			
Digestives (Canada)	55		
Digestives (Canada)	59±7		
Digestives, Peak Freans (Nabisco Ltd., Toronto, Canada)	62		
mean of three studies	59±2	25	10
318 Digestives, gluten-free (maize starch) (Nutricia Dietary Care Ltd., Redish, Stockport, UK)	58	25	10
319 Evergreen met Krenten (LU, Netherlands)	66±12	38	14
320 Golden Fruit (Griffin's Foods Ltd., Auckland, New Zealand)	77±25	25	13
321 Graham Wafers (Christie Brown & Co., Toronto, Canada)	74	25	14
322 Gran'Dia Banana, Oats and Honey (LU, Brazil)	28±5	30	6
323 Grany en-cas Abricot (LU, France)	55±6	30	9
324 Grany en-cas Fruits des bois (LU, France)	50±5	30	7
325 Grany Rush Apricot (LU, Netherlands)	62±3	30	12
326 Highland Oatmeal TM (Westons biscuits, Sydney, NSW, Australia)	55±8	25	10
327 Highland Oatcakes (Walker's Shortbread Ltd., Aberlour-on-Spey, Scotland)	57	25	8
328 LU P'tit Déjeuner Chocolat (LU, France)	42±5	50	14
329 LU P'tit Déjeuner Miel et Pépites Chocolat (LU, France)	45±5	50	16
LU P'tit Déjeuner Miel et Pépites Chocolat (LU, France)	52±3	50	18
LU P'tit Déjeuner Miel et Pépites Chocolat (LU, France)	49±8	50	18
mean of three studies	49±2	50	17
330 Maltmeal wafer (Griffin's Foods Ltd., New Zealand)	50±10	25	9

331 Morning Coffee TM (Arnotts, Australia)	79±6	25	15
332 Nutrigrain Fruits des bois (Kellogg's, France)	57±4	35	13
333 Oatmeal (Canada)	54±4	25	9
334 Oro (Saiwa, Italy)	61±9	40	20
Oro (Saiwa, Italy)	67±17	40	21
mean of two studies	64±3	40	20
335 Petit LU Normand (LU, France)	51±3	25	10
336 Petit LU Roussillon (LU, France)	48±4	25	9
337 Prince Energie+ (LU, France)	73±5	25	13
338 Prince fourré chocolat (LU, France)	53±5		
Prince fourré chocolat (LU, France)	50±5		
mean of two studies	52±2	45	16
339 Prince Meganana Chocolate (LU, Spain)	49±12	50	18
340 Prince Petit Déjeuner Vanille (LU, France and Spain)	45±6	50	16
341 Rich Tea (Canada)	55±4	25	10
342 Sablé des Flandres (LU, France)	57±10	20	8
343 Shortbread (Arnotts, Australia)	64±8	25	10
344 Shredded Wheatmeal TM (Arnotts, Australia)	62±4	25	11
345 Snack Right Fruit Slice (97% fat-free) (Arnott's, Australia)	45±3	25	9
346 Thé (LU, France)	41±7	20	6
347 Vanilla Wafers (Christie Brown & Co., Canada)	77	25	14
348 Véritable Petit Beurre (LU, France)	51±8	25	9

CRACKERS

349 Breton wheat crackers (Dare Foods Ltd., Kitchener, Canada)	67	25	10
350 Corn Thins, puffed corn cakes, gluten-free (Real Foods, St Peters, NSW, Australia)	87±10	25	18
351 Cream Cracker (LU Triumfo, Brazil)	65±11	25	11

352 High-calcium cracker (Danone, Malaysia)	52±8	25	9
353 Jatz™, plain salted craker biscuits (Arnotts, Australia)	55±5	25	10
354 Puffed Crispbread (Westons, Australia)	81±9	25	15
355 Puffed rice cakes			
Puffed rice cakes, white (Rice Growers Co-op., Leeton, NSW, Australia)	82±11	25	17
Rice cakes, Calrose rice (low-amylase) (Rice Growers Co-op., Australia)	91±7	25	19
Rice cakes, Doongara rice (high-amylase) (Rice Growers Co-op., Australia)	61±5	25	13
mean of three studies	78±9	25	17
356 Rye crispbread			
Rye crispbread (Canada)	63	25	10
Ryvita™ (Canada)	69±10	25	11
High-fiber rye crispbread (Ryvita Company Ltd., Poole, Dorset, UK)	59	25	9
Rye crispbread (Ryvita Company Ltd., UK)	63	25	11
mean of four studies	64±2	25	11
357 Kavli™ Norwegian Crispbread (Players Biscuits, Sydney, NSW, Australia)	71±7	25	12
358 Sao™, plain square crackers (Arnotts, Australia)	70±9	25	12
359 Stoned Wheat Thins (Christie Brown & Co., Canada)	67	25	12
360 Water cracker			
Water cracker (Canada)	63±9	25	11
Water cracker (Arnotts, Australia)	78±11	25	14
mean of two studies	71±8	25	13
361 Premium Soda Crackers (Christie Brown & Co., Canada)	74	25	12
362 Vita-wheat™, original, crispbread (Arnott's, Australia)	55±4	25	10

DAIRY PRODUCTS AND ALTERNATIVES

Custard

No Bake Egg Custard, prepared from powder with whole milk (Nestlé, Sydney, NSW,

363 Australia)	35±2	100	6
364 Custard, home made from milk, wheat starch, and sugar (Australia)	43±10	100	7
365 TRIM™, reduced-fat custard (Pauls Ltd., South Brisbane, Qld, Australia) mean of three studies	37±4 38±2	100	6
366 Ice cream, Regular/NS			
Ice cream, NS (Canada)	36±8		
Ice cream (half vanilla, half chocolate) (Italy)	57		
Ice cream, NS(USA)	62		
Ice cream, chocolate flavored (USA)	68±15		
Ice cream (half vanilla, half chocolate) (Italy)	80		
mean of five studies	61±7	50	8
367 Ice cream, Reduced- or Low-fat			
Ice cream, low-fat, vanilla, 'Light' (Peter's, Sydney, NSW, Australia)	50±8	50	3
Ice-cream, low-fat (1.2 % fat), Prestige Light rich vanilla (Norco, Lismore, NSW, Australia) 6	47±5	50	5
Ice-cream, low-fat (1.4% fat), Prestige Light traditional toffee (Norco, Australia) ⁶	37±4	50	5
Ice-cream, reduced-fat (7.1 % fat), Prestige golden macadamia (Norco, Australia) ⁶	39±3	50	5
368 Ice cream, Premium (high-fat)			
Ice cream, premium, Ultra chocolate, 15% fat (Sara Lee, Gosford, NSW, Australia)	37±3	50	4
Ice cream, premium, French vanilla, 16% fat (Sara Lee, Australia)	38±3	50	3
369 Milk, full-fat			
Full-fat (Italy)	11		
Full-fat (3% fat, Skånemejerier, Malmö, Sweden) ⁶	21		
Full-fat (Italy)	24		
Full-fat cow's milk, fresh (Dairy Farmers, Sydney, NSW, Australia)	31±2		
Full-fat (Canada)	34±6		
Full-fat (USA)	40		

mean of five studies		27±4	250	3
370 Fermented cow's milk (ropy milk, långfil, 3% fat) (Arla, Gävle, Sweden) ⁶		11		
371 Fermented cow's milk (filmjölk, 3% fat) (Skånemejerier, Malmö, Sweden) ⁶		11		
mean of two foods		11		
372 Milk, full-fat, plus bran				
Full-fat + 20g wheat bran (Italy)		25		
Full-fat + 20g wheat bran (Italy)		28		
mean of two studies		27±2	250	3
373 Milk, skim (Canada)		32±5	250	4
374 Milk, condensed, sweetened (Nestlé, Sydney, NSW, Australia)		61±6	50	17
375 Milk, low-fat, chocolate, with aspartame, Lite White TM (Dairy Farmers, Australia)		24±6	250	3
376 Milk, low-fat, chocolate, with sugar, Lite White TM (Dairy Farmers, Australia)		34±4	250	9
377 Mousse, reduced-fat, prepared from commerical mousse mix with water				
Butterscotch, 1.9% fat (Nestlé, Australia)		36±4	50	4
Chocolate, 2% fat (Nestlé, Australia)		31±4	50	3
Hazelnut, 2.4% fat (Nestlé, Australia)		36±4	50	4
Mango, 1.8% fat (Nestlé, Australia)		33±5	50	4
Mixed berry, 2.2% fat (Nestlé, Australia)		36±5	50	4
Strawberry, 2.3% fat (Nestlé, Australia)		32±3	50	3
mean of six foods		34±1	50	4
378 Pudding				
instant, chocolate, made from powder and whole milk (White Wings, Sydney, NSW, Australia)		47±4	100	7
instant, vanilla, made from powder and whole milk (White Wings, Australia)		40±4	100	6
mean of two foods		44±4	100	7
379 Yoghurt				
Yoghurt, type NS (Canada)		36±4	200	3

380 Low-fat yoghurt

Low-fat, fruit, aspartame, Ski™ (Dairy Farmers, Australia)	14±4	200	2
Low-fat, fruit, sugar, Ski™ (Dairy Farmers, Australia)	33±7	200	10
Low-fat (0.9%), fruit, wild strawberry (Ski d'lite™, Dairy Farmers, Australia)	31±14	200	9

381 Non-fat yoghurt, sweetened with acesulfame K and Splenda

Diet Vaalia™, exotic fruits (Pauls Ltd., Australia) ⁶	23±2	200	4
Diet Vaalia™, mango (Pauls Ltd., Australia) ⁶	23±2	200	3
Diet Vaalia™, mixed berry (Pauls Ltd., Australia) ⁶	25±3	200	3
Diet Vaalia™, strawberry (Pauls Ltd., Australia) ⁶	23±2	200	3
Diet Vaalia™, vanilla (Pauls Ltd., Australia) ⁶	23±2	200	3
mean of five foods	24±1	200	3

382 Reduced-fat yoghurt

Reduced-fat, Vaalia™, apricot & mango (Pauls Ltd., Australia) ⁶	26±4	200	8
Reduced-fat, Vaalia™, french vanilla (Pauls Ltd., Australia) ⁶	26±4	200	3
Reduced-fat, Extra-Lite™, strawberry (Pauls Ltd., Australia) ⁶	28±4	200	9
mean of three foods	27±1	200	7

383 Yoghurt drink, reduced-fat, Vaalia™, tropical passionfruit (Pauls Ltd., Australia)⁶**Soy-based dairy product alternatives****384 Soy milks (containing maltodextrin)**

Soy milk, full-fat (3%), 0 mg calcium, Original (So Natural Foods, Taren Point, NSW, Australia) ⁶	44±5	250	8
Soy milk, full-fat (3%), 120 mg calcium, Calciforte (So Natural Foods, Australia) ⁶	36±4	250	6
Soy milk, reduced-fat (1.5%), 120 mg calcium, Light (So Natural Foods, Australia) ⁶	44±3	250	8

385 Soy milk drinks

Soy smoothie drink, banana, 1% fat (So Natural Foods, Australia) ⁶	30±3	250	7
Soy smoothie drink, chocolate hazelnut, 1% fat (So Natural Foods, Australia) ⁶	34±3	250	8
mean of two drinks	32±2	250	7

Up & Go TM , cocoa malt flavor (soy milk, rice cereal liquid breakfast) ⁶ (Sanitarium, Berkeley Vale, NSW, Australia)	43±5	250	11
Up & Go TM , original malt flavor (soy milk, rice cereal liquid breakfast) ⁶ (Sanitarium, Australia)	46±5	250	11
mean of two drinks	45±2	250	11
Xpress TM , chocolate (soy bean, cereal and legume extract drink with fructose) ⁶ (So Natural Foods, Australia)	39±2	250	13
386 Soy yoghurt			
Soy yoghurt, peach and mango, 2% fat, sugar (So Natural Foods, Australia) ⁶	50±3	200	13
387 Tofu-based frozen dessert, chocolate with high-fructose (24%) corn syrup (USA)	115±14	50	10

FRUIT AND FRUIT PRODUCTS

388 Apples, raw			
Apple, NS (Denmark)	28	120	4
Apple, Braeburn (New Zealand) ⁶	32±4	120	4
Apple, NS (Canada)	34	120	5
Apple, Golden Delicious (Canada)	39±3	120	6
Apple, NS(USA)	40	120	6
Apple, NS (Italy)	44	120	6
mean of six studies	38±2	120	6
389 Apple juice			
Apple juice, unsweetened, reconstituted (Berrivale Orchards Ltd, Berri, SA, Australia)	39±5	250	10
Apple juice, unsweetened (USA)	40	250	12
Apple juice, unsweetened (Allens, Toronto, Canada)	41	250	12
mean of three studies	40±1	250	11
390 Apple, dried (Australia)			
Apricots			

391 Apricots, raw, NS (Italy)	57	120	5
392 Apricots, canned in light syrup (Riviera, Aliments Caneast Foods, Montreal, Canada)	64	120	12
393 Apricots, dried (Australia)	30±7	60	8
Apricots, dried (Wasco foods, Montreal, Canada)	32	60	10
mean of two studies	31±1	60	9
394 Apricot fruit bar, pureed dried apricot filling in wholemeal pastry (Mother Earth, Auckland, New Zealand)	50±8	50	17
395 Apricot fruit spread, reduced sugar (Glen Ewin Jams, Para Hills, SA, Australia)	55±7	30	7
396 Apricot Fruity Bitz TM , vitamin and mineral enriched dried fruit snack (Blackmores Ltd., Balgowlah, NSW, Australia)	42±3	15	5
397 Banana, raw			
Banana (Canada)	46	120	12
Banana (Italy)	58	120	13
Banana (Canada)	58	120	15
Banana (Canada)	62±9	120	16
Banana (South Africa)	70±5	120	16
Banana, ripe (all yellow) (USA)	51	120	13
Banana, under-ripe (Denmark)	30	120	6
Banana, slightly under-ripe (yellow with green sections) (USA)	42	120	11
Banana, over-ripe (yellow flecked with brown) (USA)	48	120	12
Banana, over-ripe (Denmark)	52	120	11
mean of 10 studies	52±4	120	12
398 Banana, processed fruit fingers, Heinz Kidz TM (H J Heinz, Malvern, Vic, Australia)	61±11	30	12
399 Breadfruit (<i>Artocarpus altilis</i>), raw (Australia) ⁶	68	120	18
400 Cherries, raw, NS(Canada)	22	120	3
401 Chico (<i>Zapota zapotilla coville</i>), raw (Philippines) ⁶	40	120	12
402 Cranberry juice			

Cranberry juice cocktail (Ocean Spray, Melbourne, Vic, Australia)	52±3	250	16
Cranberry juice cocktail (Ocean Spray Inc., Lakeville-Middleboro, MA, USA)	68±3	250	24
Cranberry juice drink, Ocean Spray ® (Gerber Ltd., Bridgewater, Somerset, UK)	56±4	250	16
403 Custard apple, raw, flesh only (Australia)	54±2	120	10
404 Dates, dried (Australia)	103±21	60	42
405 Figs, dried, tenderised, Dessert Maid brand (Ernest Hall & Sons, Sydney, NSW, Australia)	61±6	60	16
406 Fruit Cocktail, canned (Delmonte Canadian Canners Ltd., Hamilton, Canada)	55	120	9
407 Grapefruit, raw (Canada)	25	120	3
408 Grapefruit juice, unsweetened (Sunpac, Toronto, Canada)	48	250	9
409 Grapes, raw			
Grapes, NS(Canada)	43	120	7
Grapes, NS (Italy)	49	120	9
mean of two studies	46±3	120	8
Grapes, black, Waltham Cross (Australia)	59	120	11
410 Kiwi fruit, raw			
Kiwi fruit, Hayward (New Zealand) ⁶	47±4	120	5
Kiwi fruit (Australia) ⁶	58±7	120	7
mean of two studies	53±6	120	6
411 Lychee, canned in syrup and drained, Narcissus brand (China)	79±8	120	16
412 Mango, raw			
Mango (Mangifera indica) (Philippines) ⁶	41	120	8
Mango (Mangifera indica) (Australia) ⁶	51±3	120	8
Mango, ripe (Mangifera indica) (India) ¹¹	60±16	120	9
mean of three studies	51±5	120	8
413 Mango, low-fat frozen fruit dessert, Frutia ™ (Weis Frozen Foods, Toowong, Qld, Australia)	42±3	100	10
414 Marmalade, orange (Australia)	48±9	30	9

415 Oranges, raw

Oranges, NS (Denmark)	31	120	3
Oranges, NS (South Africa)	33±6	120	3
Oranges, NS (Canada)	40±3	120	4
Oranges, NS (Italy)	48	120	5
Oranges (Sunkist, Van Nuys, CA, USA)	48	120	5
Oranges NS(Canada)	51	120	6
mean of six studies	42±3	120	5

416 Orange juice

Orange Juice (Canada)	46±6	250	12
Orange juice, unsweetened, reconstituted concentrate, Quelch brand (Berri Ltd., Australia)	53±6	250	9
Orange juice, reconstituted from frozen concentrate (USA)	57±6	250	15
mean of three studies	52±3	250	12

417 Paw paw/papaya, raw

Paw paw (Carica papaya) (Australia) ⁶	56±6	120	5
Paw paw (papaya), ripe (India) ¹¹	60±16	120	17
Papaya (Carica papaya) (Philippines) ⁶	60	120	9
mean of three studies	59±1	120	10

Peaches

418 Peach, raw (Canada)	28	120	4
Peach, raw (Italy)	56	120	5
mean of two studies	42±14	120	5
419 Peach, canned in natural juice (Goulburn Valley, Ardmona Foods, Mooroopna, Vic, Australia)	30±4	120	3
Peach, canned in natural juice (SPC Ltd., Shepparton, Vic, Australia)	45±6	120	5
mean of two studies	38±8	120	4
420 Peach, canned in heavy syrup (Letona Foods, Hawthorn East, Vic, Australia)	58±11	120	9

421 Peach, canned in light syrup (Delmonte, Canadian Canners Ltd.)	52	120	9
422 Peach, canned in reduced-sugar syrup, SPC Lite (SPC Ltd., Australia)	62±9	120	11
Pears			
423 Pear, raw, NS(Canada)	33	120	4
424 Pear, Winter Nellis, raw (New Zealand) ⁶	34±4	120	4
425 Pear, Bartlett, raw (Canada)	41	120	3
426 Pear, raw, NS (Italy)	42	120	4
mean of four studies	38±2	120	4
427 Pear halves, canned in reduced-sugar syrup, SPC Lite (SPC Ltd., Australia)	25±6	120	4
428 Pear halves, canned in natural juice (SPC Ltd., Australia)	43±15	120	5
429 Pear, canned in pear juice, Bartlett (Delmonte, Canadian Canners Ltd.)	44	120	5
Pineapple			
430 Pineapple, raw (Australia) ⁶	66±7	120	6
Pineapple (<i>Ananas comosus</i>), raw (Philippines) ⁶	51	120	8
mean of two studies	59±8	120	7
431 Pineapple juice, unsweetened (Dole Packaged Foods, Toronto, Canada)	46	250	15
Plums			
432 Plum, raw, NS (Canada)	24	120	3
Plum, raw, NS (Italy)	53	120	6
mean of two studies	39±15	120	5
433 Prunes, pitted (Sunsweet Growers Inc., Yuba City, CA, USA)	29±4	60	10
434 Raisins (Canada)	64±11	60	28
435 Rockmelon/Cantaloupe, raw (Australia) ⁶	65±9	120	4
436 Strawberries, fresh, raw (Sydney, NSW, Australia) ⁶	40±7	120	1
437 Strawberry jam	51±10	30	10
438 Strawberry processed fruit bars, Real Fruit Bars (Uncle Toby's, Australia)	90±12	30	23
439 Sultanas	56±11	60	25

440 Tomato juice, no added sugar (Berri Ltd., Berri, SA, Australia) ⁶	38±4	250	4
441 Tropical Fruity Bitz™, vitamin and mineral enriched dried fruit snack (Blackmores Ltd., Australia)	41±3	15	5
442 Vitari, wild berry, non-dairy, frozen fruit dessert (Nestlé, Sydney, NSW, Australia)	59±8	100	12
443 Watermelon, raw (Australia) ⁶	72±13	120	4
444 Wild Berry Fruity Bitz™, vitamin and mineral enriched dried fruit snack (Blackmores Ltd., Australia)	35±4	15	4

INFANT FORMULA AND WEANING FOODS

445 Formula

Infasoy™, soy-based, milk-free (Wyeth Nutritionals, Baulkham Hills, NSW, Australia) ⁶	55±6	100 mL	4
Karicare™ gold starter formula with omega plus LCP oils (Nutricia, Auckland, New Zealand) ⁶	35±5	100 mL	2
Nan-1™ infant formula with iron (Nestlé, Sydney, NSW, Australia) ⁶	30±6	100 mL	2
S-26™ infant formula (Wyeth Nutritionals, Australia) ⁶	36±6	100 mL	3

Weaning Foods

446 Farex™ baby rice (Heinz Wattie's Ltd., Malvern, Vic, Australia) ⁶	95±13	87	6
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447 Robinsons First Tastes from 4 months (Nutricia, Wells, UK)

Apple, apricot and banana cereal ⁶	56±8	75	7
Creamed porridge ⁶	59±8	75	5
Rice pudding ⁶	59±6	75	6

448 Heinz for Baby from 4 months (Heinz Wattie's Ltd., Australia)

Chicken and noodles with vegetables, strained ⁶	67±11	120	5
Sweetcorn and rice ⁶	65±13	120	10

LEGUMES AND NUTS

449 Baked Beans

Baked Beans, canned (Canada)	40±3		
Baked Beans, canned haricot/navy beans in tomato sauce (Libby, McNeill & Libby, Chatham, Canada)	56		
mean of two studies	48±8	150	7
450 Beans, dried, boiled			
Beans, dried, type NS(Italy)	36	150	11
Beans, dried, type NS(Italy)	20	150	6
mean of two studies	29±9	150	9
451 Blackeyed beans/peas (Cowpeas), boiled			
Blackeyed beans (Canada)	50	150	15
Blackeyed beans (Canada)	33±4	150	10
mean of two studies	42±9	150	13
452 Butter Beans			
Butter beans (South Africa)	28±7	150	5
Butter beans, dried, cooked 1.25 h (South Africa)	29±8	150	6
Butter beans (Canada)	36±4	150	7
mean of three studies	31±3	150	6
Butter beans, dried, boiled + 5g sucrose (South Africa)	30±2	150	6
Butter beans, dried, boiled + 10g sucrose (South Africa)	31±2	150	6
Butter beans, dried, boiled + 15g sucrose (South Africa)	54±4	150	11
453 Chickpeas (Garbanzo beans, Bengal gram), boiled			
Chickpeas (<i>Cicer arietinum</i> Linn), dried, soaked, boiled 35 min (Philippines)	10	150	3
Chickpeas, dried, boiled (Canada)	31	150	9

Chickpeas (Canada)	33	150	10
Chickpeas (Canada)	36±5	150	11
mean of four studies	28±6	150	8
454 Chickpeas, canned in brine (Lancia-Bravo Foods Ltd., Toronto, Canada)	42	150	9
455 Chickpeas, curry, canned (Canasia Foods Ltd., Scarborough, Canada)	41	150	7
456 Haricot/Navy beans			
Haricot/Navy beans, pressure cooked at 15 psi for 25 min (King Grains, Toronto, Canada)	29	150	9
Haricot/Navy beans, dried, boiled (Canada)	30	150	9
Haricot/Navy beans, boiled (Canada)	31±6	150	9
Haricot/Navy beans (King Grains, Canada)	39	150	12
Haricot/Navy beans, pressure cooked at 15 psi for 25 min (King Grains, Canada)	59	150	19
mean of five studies	38±6	150	12
457 Kidney Beans			
Kidney/white bean (<i>Phaseolus vulgaris</i> Linn), soaked, boiled 17 min (Philippines)	13	150	3
Kidney beans (<i>Phaseolus vulgaris</i>) (India)	19	150	5
Kidney beans (USA) ⁵	23	150	6
Kidney beans, dried, boiled (France)	23±1	150	6
Kidney beans (<i>Phaseolus vulgaris</i> L.), red, soaked 20 min, boiled 70 min (Sweden)	25	150	6
Kidney beans (Canada)	29±8	150	7
Kidney beans, dried, boiled (Canada)	42	150	10
Kidney beans (Canada)	46	150	11
mean of eight studies	28±4	150	7
458 Kidney beans (<i>Phaseolus vulgaris</i> L.) - autoclaved	34	150	8
459 Kidney beans, canned (Lancia-Bravo Foods Ltd., Canada)	52	150	9
460 Kidney beans, dried, soaked 12 h, stored moist 24 h, steamed 1 h (India) ¹¹	70±11	150	17
461 Black bean (<i>Phaseolus vulgaris</i> Linn), soaked overnight, cooked 45 min (Philippines)	20	150	5
462 Lentils, type NS			

Lentils, type NS (USA)	28			
Lentils, type NS (Canada)	29±3			
mean of two studies	29±1	150	5	
463 Lentils, green				
Lentils, green, dried, boiled (Canada)	22	150	4	
Lentils, green, dried, boiled (France)	30±15	150	6	
Lentils, green, dried, boiled (Australia)	37±3	150	5	
mean of three studies	30±4	150	5	
464 Lentils, green, canned in brine (Lancia-Bravo Foods Ltd., Canada)	52	150	9	
465 Lentils, red				
Lentils, red, dried, boiled (Canada)	18	150	3	
Lentils, red, dried, boiled (Canada)	21	150	4	
Lentils, red, dried, boiled (Canada)	31	150	6	
Lentils, red, dried, boiled (Canada)	32	150	6	
mean of four studies	26±4	150	5	
466 Lima beans, baby, frozen, reheated in microwave oven (York, Canada Packers, Toronto, Canada)	32	150	10	
467 Marrowfat peas				
Marrowfat peas, dried, boiled (USA)	31			
Marrowfat peas, dried, boiled (Canada)	47±3			
mean of two studies	39±8	150	7	
468 Mung beans				
Mung bean (<i>Phaseolus areus Roxb</i>), soaked, boiled 20 min (Philippines)	31	150	5	
Mung bean, fried (Australia)	53±8			
Mung bean, germinated (Australia)	25±4	150	4	
Mung bean, pressure cooked (Australia)	42±5	150	7	
469 Peas, dried, boiled (Australia)	22	150	2	

470 Pigeon Pea (<i>Cajanus cajan</i> Linn. Huth.), soaked, boiled 45 min (Philippines)	22	150	4
471 Pinto beans			
Pinto beans, dried, boiled (Canada)	39	150	10
Pinto beans, canned in brine (Lancia-Bravo Foods Ltd., Canada)	45	150	10
472 Romano beans (Canada)	46	150	8
473 Soya beans			
Soya beans, dried, boiled (Canada)	15±5	150	1
Soya beans, dried, boiled (Australia)	20±3	150	1
mean of two studies	18±3	150	1
Soya beans, canned (Canada)	14±2	150	1
474 Split peas, yellow, boiled 20 min (Nupack, Mississauga, Canada)	32	150	6

MEAL REPLACEMENT PRODUCTS

475 Hazelnut & Apricot bar (Dietworks, South Yarra, Vic, Australia)	42±7	50	9
476 L.E.A.N™ products (Usana Inc., Salt Lake City, UT, US)			
L.E.A.N Fibergy™ bar, Harvest Oat	45±4	50	13
Nutrimeal™, drink powder, Dutch Chocolate	26±3	250	3
L.E.A.N (Life long) Nutribar™, Peanut Crunch	30±4	40	6
L.E.A.N (Life long) Nutribar™, Chocolate Crunch	32±4	40	6
mean of two Nutri bars	31±1	40	6

Worldwide Sport Nutrition reduced-carbohydrate products (2000 formulations)

(Worldwide Sport Nutritional Supplements Inc., Largo, FL, US)

477 Designer chocolate, sugar-free ⁶	14±3	35	3
478 Burn-it™ bars			
Chocolate deluxe ⁶	29±3	50	2
Peanut butter ⁶	23±3	50	1
479 Pure-protein™ bars			

Chewy choc-chip ⁶	30±4	80	4
Chocolate deluxe ⁶	38±4	80	5
Peanut butter ⁶	22±4	80	2
Strawberry shortcake ⁶	43±4	80	6
White chocolate mousse ⁶	40±4	80	6
480 Pure-protein™ cookies			
Choc-chip cookie dough ⁶	25±3	55	3
Coconut ⁶	42±5	55	4
Peanut butter ⁶	37±7	55	3
481 Ultra pure-protein™ shakes			
Cappuccino	47±6	250	1
Frosty chocolate	37±6	250	1
Strawberry shortcake	42±4	250	1
Vanilla ice cream	32±5	250	1

MIXED MEALS AND CONVENIENCE FOODS

482 Chicken nuggets, frozen, reheated in microwave oven 5 min (Savings, Grocery Holdings, Tooronga, Vic, Australia)	46±4	100	7
483 Fish Fingers (Canada)	38±6	100	7
484 Greek lentil stew with a bread roll, home made (Australia)	40±5	360	15
485 Kugel (Polish dish containing egg noodles, sugar, cheese and raisins) (Israel)	65±6	150	31
486 Lean Cuisine™, French style chicken with rice, reheated (Nestlé, Sydney, NSW, Australia) ₆	36±6	400	24
487 Pies, beef, party size (Farmland, Grocery Holdings, Australia)	45±6	100	12
488 Pizza			
Pizza, cheese (Pillsbury Canada Ltd., Toronto, Canada)	60	100	16
Pizza, plain baked dough, served with parmesan cheese and tomato sauce (Italy)	80	100	22

Pizza, Super Supreme, pan (11.4% fat) (Pizza Hut, Sydney, NSW, Australia)	36±6	100	9
Pizza, Super Supreme, thin and crispy (13.2 % fat) (Pizza Hut, Australia)	30±4	100	7
Pizza, Vegetarian Supreme, thin and crispy (7.8 % fat) (Pizza Hut, Australia) ⁶	49±6	100	12
489 Sausages, NS(Canada)	28±6	100	1
490 Sirloin chop with mixed vegetables and mashed potato, home made (Australia)	66±12	360	35
491 Spaghetti bolognaisse, home made (Australia)	52±9	360	25
492 Stirfried vegetables with chicken and boiled white rice, home made (Australia)	73±17	360	55
493 Sushi			
Sushi, salmon (from 'I Love Sushi' chain store, Sydney, NSW, Australia) ⁶	48±8	100	17
Sushi, roasted sea algae, vinegar and rice (Japan)	55	100	20
Mean of two studies	52±4	100	19
494 White boiled rice, grilled beefburger, cheese, and butter (France)	27	440	14
White boiled rice, grilled beefburger, cheese and butter (France)	22	440	11
Mean in two groups of subjects	25±2	440	13
White bread with toppings			
495 White wheat flour bread, butter, cheese, regular cow's milk and fresh cucumber (Sweden) ⁶	55	200	38
496 White wheat flour bread, butter, yoghurt and pickled cucumber (Sweden) ⁶	39	200	11
497 White bread with butter (Canada)	59	100	29
498 White bread with skim milk cheese (Canada)	55	100	26
499 White bread with butter and skim milk cheese (Canada)	62	100	23
500 White/wholemeal wheat bread with peanut butter (Canada)	51	100	23
White/wholemeal wheat bread with peanut butter (Canada)	67	100	30
mean of two studies	59±8	100	26

NUTRITIONAL SUPPORT PRODUCTS

501 Choice _{dm} TM , vanilla (Mead Johnson Nutritionals, Evansville, IN, US)	23±4	237mL	6
502 Enercal Plus TM , made from powder (Wyeth-Ayerst International Inc., Madison, NJ, US)	61±13	237mL	24

503 Ensure TM (Abbott Australasia, Kurnell, NSW, Australia)	50±8	237mL	19
504 Ensure TM , vanilla (Abbott Australasia)	48±3	250mL	16
505 Ensure TM bar, chocolate fudge brownie (Abbott Australasia)	43±3	38	8
506 Ensure Plus TM , vanilla (Abbott Australasia)	40±4	237mL	19
507 Ensure Pudding TM , old fashioned vanilla (Abbott Laboratories Inc., Ashland, OH, USA)	36±4	113	9
508 Glucerna TM , vanilla (Abbott Laboratories Inc., USA) ⁶	31±2	237mL	7
509 Jevity TM (Abbott Australasia)	48±3	237mL	17
Resource Diabetic TM , French vanilla (Novartis Nutrition Corp., Young America, MN, USA)	34±3	237mL	8
510 ₆			
511 Resource Diabetic TM , Swiss chocolate (Novartis, Auckland, New Zealand)	16±4	237mL	7
512 Resource TM thickened orange juice, honey consistency (Novartis, New Zealand)	47±9	237mL	18
513 Resource TM thickened orange juice, nectar consistency (Novartis, New Zealand)	54±7	237mL	19
514 Resource TM fruit beverage, peach flavour (Novartis, New Zealand)	40±8	237mL	16
515 Sustagen TM , Dutch Chocolate (Mead Johnson, Bristol Myers Squibb, Rydalmer, NSW, Australia)	31±4	250mL	13
516 Sustagen TM Hospital with extra fiber, drink made from powdered mix (Mead Johnson, Australia)	33±4	250mL	15
517 Sustagen TM Instant Pudding, vanilla, made from powdered mix (Mead Johnson, Australia)	27±3	250	13
518 Ultracal TM with fiber (Mead Johnson, Evansville, IN, USA)	40	237 mL	12

PASTA and NOODLES

519 Capellini (Primo Foods Ltd., Toronto, Canada)	45	180	20
520 Corn pasta, gluten-free (Orgran Natural Foods, Carrum Downs, Vic, Australia)	78±10	180	32
521 Fettucine, egg			
Fettucine, egg	32±4	180	15
Fettucine, egg (Mother Earth Fine Foods, Rowville, Vic, Australia)	47±6	180	22
mean of two studies	40±8	180	18

522 Gluten-free pasta, maize starch, boiled 8 min (UK)	54	180	22
523 Gnocchi, NS (Latina, Pillsbury Australia Ltd., Mt. Waverley, Vic, Australia)	68±9	180	33
524 Instant noodles			
Instant 'two-minute' noodles, Maggi ® (Nestlé, Sydney, NSW, Australia)	46±5		
Instant 'two-minute' noodles, Maggi ® (Nestlé, Auckland, New Zealand)	48±8		
Instant noodles (Mr Noodle, Vancouver, Canada)	47		
mean of three studies	47±1	180	19
525 Linguine			
Thick, durum wheat, white, fresh (Sweden)	43	180	21
Thick, fresh, durum wheat flour, 0.6% w/w monoglycerides, boiled 8 min (Sweden)	48	180	23
mean of two studies	46±3	180	22
Thin, durum wheat (Sweden)	49	180	23
Thin, fresh, durum wheat flour, 0.6% w/w monoglycerides, boiled 3 min (Sweden)	61	180	29
Thin, fresh, durum wheat with 39% w/w egg, (Sweden)	45	180	18
Thin, fresh, with 0.6% w/w monoglycerides and 30% w/w egg, boiled 3 min (Sweden)	53	180	22
mean of four studies	52±3	180	23
526 Mung bean noodles			
Lungkow beantread noodles (National Cereals, Oils & Foodstuffs, Qingdao & Guangdong, China)	26	180	12
Mung bean noodles (Longkou beantread), dried, boiled (Yantai cereals, China)	39±9	180	18
mean of two studies	33±7		
527 Macaroni			
Macaroni, plain, boiled 5 min (Lancia-Bravo Foods Ltd., Canada)	45	180	22
Macaroni, plain, boiled (Turkey)	48	180	23
mean of two studies	47±2	180	23
Macaroni and Cheese, boxed (Kraft General Foods Canada Inc., Don Mills, Ontario)	64	180	32
528 Ravioli, durum wheat flour, meat filled, boiled (Australia)	39±1	180	15

529 Rice noodles/pasta

Rice noodles, dried, boiled (Thai World, Bangkok, Thailand)	61±6	180	23
Rice noodles, freshly made, boiled (Sydney, NSW, Australia)	40±4	180	15
Rice pasta, brown, boiled 16 min (Rice Grower's Co-op., Leeton, NSW, Australia)	92±8	180	35
Rice and maize pasta, gluten-free, Ris'O'Mais (Orgran Foods, Carrum Downs, Vic, Australia)	76±6	180	37
Rice vermicelli, Kongmoon (National Cereals, Oils & Foodstuffs, China)	58	180	22

Spaghetti

530 Spaghetti, gluten-free, rice and split pea, canned in tomato sauce (Orgran Foods, Australia)	68±9	220	19
531 Spaghetti, protein enriched, boiled 7 min (Catelli Plus, Catelli Ltd., Montreal, Canada)	27	180	14

532 Spaghetti, white, boiled 5 min

Boiled 5 min (Lancia-Bravo Foods Ltd., Canada)	32	180	15
Boiled 5 min (Canada)	34	180	16
Boiled 5 min (Canada)	40	180	19
Boiled 5 min (Middle East)	44	180	21
mean of four studies	38±3	180	18

533 Spaghetti, white or type NS, boiled 10-15 min

White, durum wheat, boiled 10 min in salty water (Barilla, Parma, Italy) ¹²	58	180	28
White, durum wheat flour, boiled 12 min (Starhushälls, Kungsörnen AB, Järna, Sweden)	47	180	23
White, durum wheat flour, 0.6% w/w monoglycerides, boiled 12 min (Sweden)	53	180	25
Boiled 15 min (Lancia-Bravo Foods Ltd., Canada)	32	180	15
Boiled 15 min (Lancia-Bravo Foods Ltd., Canada)	36	180	17
Boiled 15 min (Canada)	41	180	20
White, boiled 15 min in salted water (Unico, Concord, Canada)	44±3	180	21
mean of seven studies	44±3	180	21

534 Spaghetti, white or type NS, boiled 20 min

White, durum wheat, boiled 20 min (Australia)	58±7	180	26
Durum wheat, boiled 20 min (USA)	64±15	180	27

mean of two studies	61±3	180	27
535 Spaghetti, white, boiled			
White (Denmark)	33	180	16
White, durum wheat (Catelli Ltd, Montreal, Canada)	34	180	16
White (Australia)	38	180	17
White (Canada)	42	180	20
White (Canada)	48	180	23
White (Vetta, Greens Foods, Glendenning, NSW, Australia)	49±7	180	22
White (Canada)	50±8	180	24
mean of seven studies	42±3	180	20
536 Spaghetti, white, durum wheat semolina (Panzani, Marseilles, France)			
Boiled in 0.7% salted water for 11 min	59±15	180	28
Boiled in 0.7% salted water for 16.5 min	65±15	180	31
Boiled in 0.7% salted water for 22 min	46±10	180	22
mean of three cooking times	57±6	180	27
537 Spaghetti, wholemeal, boiled			
Wholemeal (USA)	32	180	14
Wholemeal (Canada)	42±4	180	17
mean of two studies	37±5	180	16
538 Spirali, durum wheat, white, boiled to al denté texture (Vetta, Australia)	43±10	180	19
539 Split pea and soya pasta shells, gluten-free (Orgran Foods, Australia)	29±6	180	9
540 Star Pastina, white, boiled 5 minutes (Lancia-Bravo Foods Ltd., Canada)	38	180	18
541 Tortellini, cheese (Stouffer, Nestlé, Don Mills, Canada)	50	180	10
542 Udon noodles, plain, reheated 5 min (Fantastic, Windsor Gardens, SA, Australia)⁶	62±8	180	30
543 Vermicelli, white, boiled (Australia)	35±7	180	16

SNACK FOODS AND CONFECTIONERY

544	Burger Rings TM , barbecue-flavored (Smith's Snack Food Co., Chatswood, NSW, Australia)	90±16	50	28
545	Chocolate, milk, plain			
	Chocolate, milk, plain with sucrose (Belgium) ⁶	34±5	50	7
	Chocolate, milk (Cadbury's Confectionery, Ringwood, Vic, Australia)	49±6	50	14
	Chocolate, milk, Dove [®] (Mars Confectionery, Ballarat, Vic, Australia)	45±8	50	13
	Chocolate, milk (Nestlé, Sydney, NSW, Australia)	42±8	50	13
	mean of four studies	43±3	50	12
	Chocolate, milk, plain, low-sugar with maltitol (Belgium) ⁶	35±16	50	8
546	Chocolate, white, Milky Bar [®] (Nestlé, Australia)	44±6	50	13
547	Corn chips			
	Corn chips, plain, salted (Doritos TM original, Smith's Snack Food Co., Australia, 1998)	42±4	50	11
	Corn chips, plain, salted (Doritos TM original, Smith's Snack Food Co., Australia, 1985)	72	50	18
	Nachips TM (Old El Paso Foods Co., Canada)	74	50	21
	mean of three studies	63±10	50	17
548	Fruit Bars			
	Apricot filled fruit bar (pureed dried apricot filling in wholemeal pastry)	50±8	50	17
	(Mother Earth, Auckland, New Zealand)			
	Heinz Kidz TM Fruit Fingers, banana (HJ Heinz, Malvern, Vic, Australia)	61±11	30	12
	Real Fruit Bars, strawberry (Uncle Toby's, Wahgunyah, Vic, Australia)	90±12	30	23
	Roll-Ups [®] , processed fruit snack (Uncle Toby's, Australia)	99±12	30	24
549	Fruity Bitz TM, vitamin and mineral enriched dried fruit snacks			
	Fruity Bitz TM , apricot (Blackmores Ltd., Balgowlah, NSW, Australia)	42±3	15	5
	Fruity Bitz TM , berry (Blackmores Ltd., Australia)	35±4	15	4
	Fruity Bitz TM , tropical (Blackmores Ltd., Australia)	41±3	15	5
	mean of three flavours	39±2	15	4
550	Jelly beans			
	Jelly beans, assorted colors (Allen's, Nestle, Sydney, NSW, Australia)	80±8		

Jelly beans, assorted colors (Savings, Grocery Holdings, Tooronga, Vic, Australia) mean of two studies	76±6		
551 Kudos Whole Grain Bars, chocolate chip (M & M/Mars, Hackettstown, NJ, USA)	78±2	30	22
552 Life Savers ® , peppermint candy (Nestlé, Australia)	62±8	50	20
553 M & M's ® , peanut (Mars Confectionery, Australia)	70±6	30	21
554 Mars Bar ®	33±3	30	6
Mars Bar ® (Mars Confectionery, Australia)	62±8	60	25
Mars Bar ® (M&M/Mars, USA)	68±12	60	27
mean of two studies	65±3	60	26
555 Muesli bar containing dried fruit (Uncle Toby's, Australia)	61±7	30	13
556 Nougat, Jijona (La Fama, Spain)	32	30	4
557 Nutella ® , chocolate hazelnut spread (Ferrero Australia, Milson's Point, NSW, Australia)	33±4	20	4
Nuts			
558 Cashew nuts, salted (Coles Supermarkets, Australia) ⁶	22±5	50	3
559 Peanuts			
Peanuts, crushed (South Africa) ⁶	7±4	50	0
Peanuts (Canada) ⁶	13±6	50	1
Peanuts (Mexico) ⁶	23	50	2
mean of three studies	14±8	50	1
560 Popcorn			
Popcorn, plain, cooked in microwave oven (Green's Foods, Glendenning, NSW, Australia)	55±7	20	6
Popcorn, plain, cooked in microwave oven (Uncle Toby's, Australia)	89	20	10
mean of two studies	72±17	20	8
561 Pop Tarts ™, double choc (Kellogg's, Pagewood, NSW, Australia)	70±2	50	24
562 Potato crisps			
Potato crisps, plain, salted (Arnott's, Homebush, NSW, Australia)	57	50	10
Potato crisps, plain, salted (Canada)	51±7	50	12

	mean of two studies	54±3	50	11
563	Pretzels, oven-baked, traditional wheat flavour (Parker's, Smith's Snack Food Co., Australia)	83±9	30	16
564	Skittles® (Mars Confectionery, Australia)	70±5	50	32
565	Snack bars			
	Snack bar, Apple Cinnamon (Con Agra Inc., Omaha, NE, USA)	40±8	50	12
	Snack bar, Peanut Butter & Choc-Chip (Con Agra Inc., USA)	37±6	50	10
566	Snickers Bar®			
	Snickers Bar® (Mars Confectionery, Australia)	41±5	60	15
	Snickers Bar® (M&M/Mars, USA)	68	60	23
	mean of two studies	55±14	60	19
567	Twisties™, cheese-flavoured, extruded snack, rice and corn (Smith's Snackfood Co., Australia)	74±5	50	22
568	Twix® Cookie Bar, caramel (M&M/Mars, USA)	44±6	60	17

SPORTS BARS

569	Power Bar®			
	Power Bar®, chocolate (Powerfood Inc., Berkeley, CA, USA)	58±5		
	Power Bar®, chocolate (Powerfood Inc., Berkeley, CA, USA)	53		
	mean of two studies	56±3	65	24
570	Ironman PR bar®, chocolate (PR Nutrition, San Diego, CA, USA)	39	65	10

SOUPS

571	Black Bean (Wil-Pack Foods, San Pedro, CA, USA)	64	250	17
572	Green Pea, canned (Campbell Soup Co Ltd., Toronto, Canada)	66	250	27
573	Lentil, canned (Unico, Concord, Canada)	44	250	9
574 ₆	Mинestrone, Traditional, Country Ladle™ (Campbell's Soups, Homebush, NSW, Australia)	39±3	250	7

575 Noodle soup (traditional Turkish soup with stock and noodles)	1	250	0
576 Split Pea (Wil-Pak Foods, USA)	60	250	16
577 Tarhana soup (traditional Turkish soup with wheat flour, yoghurt, tomato, peppers)	20		
578 Tomato soup (Canada)	38±9	250	6

SUGARS AND SUGAR ALCOHOLS

579 Blue Agave cactus nectar, high-fructose

Organic Agave Cactus Nectar, light, 90% fructose (Western Commerce Corp., City of Industry, CA, USA) ⁶	11±1	10	1
Organic Agave Cactus Nectar, light, 97% fructose (Western Commerce Corp., USA) ⁶	10±1	10	1

580 Fructose

25g portion (Sweeten Less, Maximum Nutrition Inc., Toronto, Canada) ⁶	11		
50g portion (Sweeten Less, Maximum Nutrition Inc., Toronto, Canada)	12		
50g portion	20±5		
50g portion	21		
50g portion (Sigma Chemical Company, St. Louis, MO, USA)	24		
25g portion, fed with oats ²⁸	25		
mean of six studies	19±2	10	2

581 Glucose

50 g portion (dextrose)	85		
25g portion, fed with oats ²⁸	92		
50 g portion	93		
50 g portion (dextrose)	96		
50 g portion	96		
50 g portion (Bio-Health, Dawson Traders Ltd., Toronto, Canada)	96		
50 g portion	100		

50 g portion (Glucodin™ glucose tablets, Boots, North Ryde, NSW, Australia)	102±9		
25 g portion (Bio-Health, Canada) ⁶	103		
50 g portion (dextrose)	111		
100 g portion (Bio-Health, Canada) ¹²	114		
mean of 11 studies	99±3	10	10
Glucose consumed with American ginseng (<i>Panax quinquefolius L.</i>)			
582 25 g glucose (Glucodex solution, Rougier Inc., Chambly, Quebec) with 3 g dried ginseng ⁵	78	10	8
583 25 g glucose (Glucodex) 40 min after 3 g dried ginseng ⁵	80		
25 g glucose (Glucodex) 40 min before 3 g dried ginseng ⁵	76		
mean in two groups of subjects	78±2	10	8
584 Glucose consumed with gum/fiber			
46 g Glucose + 15 g apple and orange fiber extract (FITA, Chatswood, NSW, Australia) (total carbohydrate content of drink = 50 g)	79±3	10	6
50 g Glucose + 14.5 g guar gum	62	10	6
50 g Glucose + 14.5 g oat gum (78% oat β-glucan)	57	10	6
100 g Glucose + 20 g acacia gum ⁵	85	10	9
585 Glucose consumed with a mixed meal			
30 g glucose with 150 g grilled beefburger, 30 g cheese, 10 g butter (total meal contained 50 g carbohydrate) (France)	55		
30 g glucose with 150 g grilled beefburger, 30 g cheese, 10 g butter (total meal contained 50 g carbohydrate) (France)	57		
mean in two groups of subjects	56±1	250	20
586 Honey			
Locust honey (Romania) ⁶	32	25	7
Yellow box (46% fructose) (Australia) ⁶	35±4	25	6
Stringy Bark (52% fructose) (Australia) ⁶	44±4	25	9
Red Gum (35% fructose) (Australia) ⁶	46±3	25	8

Iron Bark (34% fructose) (Australia) ⁶	48±3	25	7
Yapunya (42 % fructose) (Australia) ⁶	52±5	25	9
Pure (Capilano Honey Ltd., Richlands, Qld, Australia)	58±6	25	12
Commercial Blend (38% fructose) (WA blend, Capilano Honey Ltd., Australia) ⁶	62±3	25	11
Salvation Jane (32% fructose) (Australia) ⁶	64±5	25	10
Commercial Blend (28% fructose) (NSW blend, Capilano Honey Ltd., Australia) ⁶	72±6	25	9
Honey, NS(Canada) ⁶	87±8	25	18
mean of 11 types of honey	55±5	25	10
587 Lactose			
50 g lactose (Sigma Chemical Company, USA)	43		
25 g lactose (BDH, Poole, UK) ⁶	48		
25 g lactose ²⁸	48		
mean of three studies	46±2	10	5
588 50 g maltose			
	105±12	10	11
589 Sucrose			
50 g sucrose (Sigma Chemical Company, USA)	58		
50 g sucrose (Redpath Sugars, Toronto, Canada)	58		
50 g sucrose	59±10		
50 g sucrose	60		
25 g sucrose (Redpath Sugars, Canada) ⁶	60		
25 g sucrose ²⁸	64		
50 g sucrose	65±9		
100 g sucrose (Redpath Sugars, Canada) ¹²	65		
30 g sucrose ²⁹	82		
25 g sucrose ⁶	110±21		
mean of 10 studies	68±5	10	7
Sugar alcohols and sugar-replacement compounds			

590 Lactitol

25 g lactitol ³⁰	-1±7			
25 g lactitol MC (Danisco sweeteners, Redhill, Surrey, UK) ³⁰	3±1			
mean of two studies	2±3	10	0	

591 Litesse

25 g Litesse II, bulking agent with polydextrose and sorbitol (Danisco Sweeteners, UK) ³⁰	7±2	10	1	
25 g Litesse III ultra, bulking agent with polydextrose and sorbitol (Danisco Sweeteners, UK) ³⁰	4±2	10	0	

592 Maltitol-based sweeteners or bulking agents

25 g Malbit CR (87% maltitol) (Cerestar, Vilvoorde, Belgium) ³⁰	30±12	10	3	
25 g Maltidex 100 (> 72% maltitol) (Cerestar, Vilvoorde, Belgium) ³⁰	44±11	10	4	
25 g Malbit CH (99% maltitol) (Cerestar, Vilvoorde, Belgium) ³⁰	73±29	10	7	
25 g Maltidex 200 (50% maltitol) (Cerestar, Vilvoorde, Belgium) ³⁰	89±28	10	9	

593 Xylitol

25 g xylitol ³⁰	7±7			
25 g Xylitol C (Danisco Sweeteners, UK) ³⁰	8±2			
mean of two studies	8±1	10	1	

VEGETABLES

594 Broad beans (Canada) ⁶	79±16	80	9	
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595 Green peas

Pea, frozen, boiled (Canada) ⁶	39	80	3	
Pea, frozen, boiled (Canada) ⁶	51±6	80	4	
Pea, green (<i>Pisum Sativum</i>) (India) ¹¹	54±14	80	4	
mean of three studies	48±5	80	3	
596 Pumpkin (South Africa)	75±9	80	3	

597 Sweet corn

Sweet corn, 'Honey & Pearl' variety (New Zealand)	37±12	80	6
Sweet corn on the cob, boiled 20 min (Sydney, Australia)	48	80	8
Sweet corn (Canada)	59±11	80	11
Sweet corn, boiled (USA)	60	80	11
Sweet corn, boiled (USA)	60	80	11
Sweet corn (South Africa)	62±5	80	11
mean of six studies	54±4	80	9
Sweet corn, whole kernel, diet-pack, Featherweight, canned, drained, heated (USA)	46	80	7
Sweet corn, frozen, heated in microwave (Green Giant, Pillsbury Canada Ltd., Toronto, Canada)	47	80	7
Root vegetables			
598 Beetroot (Canada) ⁶	64±16	80	5
599 Carrots			
Carrots, raw (Romania) ^{5,6}	16	80	1
Carrots, peeled, boiled (Sydney, NSW, Australia) ⁶	32±5	80	1
Carrots, peeled, boiled (Sydney, NSW, Australia) ⁶	49±2	80	2
Carrots, NS (Canada) ⁶	92±20	80	5
mean of four studies	47±16	80	3
600 Cassava, boiled, with salt (Kenya, Africa)	46	100	12
601 Parsnips (Canada) ⁶	97±19	80	12
Potato			
602 Baked potato			
Ontario, white, baked in skin (Canada)	60	150	18
603 Baked, Russet Burbank potatoes			
Russet, baked without fat (Canada)	56		
Russet, baked without fat, 45-60 min (USA)	78		
Russet, baked without fat (USA)	94		

Russet, baked without fat (USA)	111			
mean of four studies	85±12	150	26	
604 Boiled potato				
Desiree, peeled, boiled 35 min (Australia)	101±15	150	17	
Nardine (New Zealand)	70±17	150	18	
Ontario, white, peeled, cut into cubes, boiled in salted water 15 min (Canada)	58	150	16	
Pontiac, peeled, boiled whole for 30 min (Australia)	56	150	14	
Pontiac, peeled, boiled 35 min (Australia)	88±9	150	16	
Prince Edward Island, peeled, cubed, boiled in salted water 15 min (Canada)	63	150	11	
Sebago, peeled, boiled 35 min (Australia)	87±7	150	14	
605 Boiled/cooked, white/Type NS				
Type NS (Kenya, Africa)	24	150	7	
White, cooked (Romania) ⁵	41	150	12	
White, boiled (Canada)	54	150	15	
Type NS, boiled (Australia)	56	150	11	
Type NS, boiled in salted water (India)	76	150	26	
mean of five studies	50±9	150	14	
Type NS, boiled in salted water, refrigerated, reheated (India)	23	150	8	
606 Canned potatoes				
Prince Edward Island, canned, microwave heated (Avon, Cobi Foods Inc., Port Williams, Canada)	61	150	11	
New, canned, heated in microwave 3 min (Mint Tiny Taters, Edgell's, Cheltenham, Vic, Australia)	65±9	150	12	
mean of two studies	63±2	150	11	
607 French Fries				
French fries, frozen, reheated in microwave (Cavendish Farms, New Annan, Canada)	75	150	22	
608 Instant Mashed potato				

Instant (France)	74±12			
Instant (Canada)	80±13			
Instant (Edgell's Potato Whip, Edgell's, Australia)	86			
Instant (Carnation Foods Co. Ltd., Manitoba, Canada)	86			
Instant (Canada)	88			
Instant mashed potato (Idahoan Foods, Lewisville, ID, USA)	97±6			
mean of six studies	85±3	150	17	
609 Mashed potato				
Type NS (Canada)	67			
Type NS (South Africa)	71±10			
Type NS (France)	83			
mean of three studies	74±5	150	15	
Prince Edward Island, peeled, cubed, boiled 15 min, mashed (Canada)	73	150	13	
Pontiac, peeled, cubed, boiled 15 min, mashed (Australia)	91±9	150	18	
610 Microwaved potato				
Pontiac, peeled and microwave on high for 6-7.5 min (Australia)	79±9	150	14	
Type NS, microwaved (USA)	82	150	27	
611 New Potato				
New (Canada)	47			
New (Canada)	54			
New (Canada)	70±8			
mean of three studies	57±7	150	12	
New, unpeeled and boiled 20 min (Australia)	78±12	150	16	
612 Steamed potato				
Potato, peeled, steamed 1 h (<i>Solanum Tuberosum</i>) (India) ¹¹	65±11	150	18	
Potato dumplings (white wheat flour, white potatoes, boiled in salted water (Italy))	52	150	24	
613 Sweet potato				

Sweet potato, <i>Ipomoea batatas</i> (Australia)	44	150	11
Sweet potato, NS (Canada)	48±6	150	16
Sweet potato, peeled, cubed, boiled in salted water 15 min (Canada)	59	150	18
Sweet potato, kumara (New Zealand)	77±12	150	19
Sweet potato, kumara (New Zealand)	78±6	150	20
mean of five studies	61±7	150	17
614 Swede			
Swede (rutabaga) (Canada) ⁶	72±8	150	7
615 Tapioca			
Tapioca boiled with milk (General Mills Canada Inc., Etobicoke, Canada)	81	250	14
Tapioca (<i>Manihot Utilissima</i>), steamed 1 h (India) ¹¹	70±10	250	12
616 Taro			
Taro (<i>Colocasia esculenta</i>) peeled, boiled (Australia)	54		
Taro, peeled, boiled (New Zealand)	56±12		
mean of two studies	55±1	150	4
617 Yam			
Yam, peeled, boiled (New Zealand)	25±4		
Yam, peeled, boiled (New Zealand)	35±5		
Yam (Canada)	51±12		
mean of three studies	37±8	150	13

INDIGENOUS OR TRADITIONAL FOODS OF DIFFERENT ETHNIC GROUPS**AFRICAN**

618 Brown beans (South Africa)	24±8	50 (dry)	6
622 Cassava, boiled, with salt (Kenya)	46	100	12
624 Ga kenkey, prepared from fermented cornmeal (<i>Zea mays</i>) (Ghana) ³¹	12±1	150	7
625 Gari, roasted cassava dough (<i>Manihot utilissima</i>) (Ghana) ³¹	56±3	100	15

619 Gram dhal (chana dal; South Africa)	5±3	50 (dry)	1
620 Maize meal porridge, unrefined, maize-meal:water = 1:3 (South Africa)	71±6	50 (dry)	25
Maize meal porridge, refined, maize-meal:water = 1:3 (South Africa)	74±7	50 (dry)	30
Maize meal porridge/gruel (Kenya)	109	50 (dry)	41
621 M'fino/Morogo, wild greens (South Africa)	68±8	120	34
623 Millet flour porridge/gruel (Kenya)	107		
626 Unripe plantain (<i>Musa paradisiaca</i>) (Ghana) ³¹	40±4	120 (raw)	13
627 Yam (<i>Dioscorea</i> species) (Ghana) ³¹	66	150	23

ARABIC AND TURKISH

628 Hoummous (chickpea salad dip)	6±4	30	0
629 Kibbeh saynieh (made with lamb and burghul)	61±16	120	9
630 Lebanese bread (white, unleaved), hoummous, falafel and tabbouleh	86±12	120	39
631 Majadra (Syrian, lentils and rice)	24±5	250	10
632 Moroccan Couscous (stew of semolina, chickpeas, vegetables)	58±9	250	17
633 Stuffed Grapevine Leaves (rice and lamb stuffing with tomato sauce)	30±11	100	5
634 Tarhana soup (wheat flour, yoghurt, tomato, green pepper)	20		
635 Turkish bread, white wheat flour	87	30	15
636 Turkish bread, whole wheat	49	30	8
637 Turkish noodle soup	1	250	0

ASIAN

638 Broken rice, white, cooked in rice cooker (Lion foods, Bangkok, Thailand)	86±10	150	37
639 Butter rice, warm white rice and butter (Japan)	79	150	40
640 Curry rice (Japan)	67	150	41
641 Curry rice with cheese (Japan)	55	150	27
642 Glutinous rice, white, cooked in rice cooker (Bangsue Chia Meng Rice Co., Bangkok, Thailand)	98±7	150	31
Glutinous rice NS (Esubi Shokuhin, Japan)	86	150	55

Mean of two studies		92±6	150	44
643 Glutinous rice ball with cut glutinous cake (mochi) (Japan)	48	75	14	
644 Glutinous rice cake with dried sea algae (Japan)	83	75	32	
645 Glutaminous rice flour, instant, served warm with roasted ground soybean (Japan)	65	100	27	
646 Jasmine rice, white, cooked in rice cooker (Golden World Foods, Bangkok, Thailand)	109±10	150	46	
647 Low-protein white rice with dried sea algae (Japan)	70	150	42	
648 Lungkow beanthread (National Cereals, Oils & Foodstuffs, Qingdao & Guangdong, China)	26	180	12	
649 Lychee, canned in syrup, drained (Narcissus brand, China)	79±8	120	16	
650 Mung bean noodles, dried, boiled (China)	39±9	180	18	
651 Non-glutaminous rice flour, served warm with drink (Yamato Nousan, Japan)	68	100	34	
652 Rice cracker, plain (Sakada, Japan)	91	30	23	
653 Rice gruel with dried algae (Satou Co Ltd., Japan)	81	250	15	
654 Rice noodles, dried, boiled (Thai World, Bangkok, Thailand)	61±6	180	23	
655 Rice noodles, fresh, boiled (Sydney, NSW, Australia)	40±4	180	15	
656 Rice vermicelli, Kongmoon (National Cereals, China)	58	180	22	
657 Roasted rice ball (Satou Co Ltd., Japan)	77	75	21	
658 Salted rice ball (Satou Co Ltd., Japan)	80	75	20	
659 Soba noodles, instant, reheated in hot water, served with soup (Japan)	46	180	22	
660 Stirfried vegetables, chicken and rice, home made (Australia)	73±17	360	55	
661 Sushi, salmon ('I Love Sushi' chain store, Sydney, NSW, Australia) ⁶	48±8	100	17	
Sushi, roasted sea algae, vinegar and rice (Japan)	55	100	20	
Mean of two studies	52±4	100	19	
662 Udon noodles, fresh, reheated (Fantastic, Windsor Gardens, SA, Australia) ⁶	62±8	180	30	
Udon noodles, instant, with sauce and fried bean curd (Nishin Shokuhin, Japan)	48	180	23	
Mean of two studies	55±7	180	26	
663 White rice, dried sea algae and milk, eaten together (Japan)	57			
White rice, dried sea algae and milk (milk eaten before rice) (Japan)	56			

White rice, dried sea algae and milk (milk eaten after rice) (Japan)	55		
Mean of three types	56±1	300	26
664 White rice with dried fish strip (okaka) (Japan)	79	150	40
665 White rice with fermented soybean (natto) (Japan)	56	150	24
666 White rice with instant miso soup (soybean paste soup) (Japan)	61	150	29
667 White rice with low-fat milk (Japan)	69	300	32
668 White rice and non-sugar yoghurt (yoghurt eaten before rice) (Japan)	59		
White rice and non-sugar yoghurt eaten together (Japan)	58		
Mean of two types	59±1	150	19
669 White rice with pickled vinegar and cucumber (pickled food eaten before rice) (Japan)	63		
White rice with pickled vinegar and cucumber (pickled food eaten with rice) (Japan)	61		
Mean of two types	62±1	150	27
670 White rice topped with raw egg and soy sauce (Japan)	72	150	26
671 White rice with roasted ground soybean (Japan)	56	150	29
672 White rice with salted dried plum (umeboshi) (Japan)	80	150	39
673 White rice with sea algae rolled in sheet of toasted sea algae (Japan)	77	150	39
ASIAN INDIAN			
674 Amaranth, Amaranthus esculentum, popped, eaten with milk and non-nutritive sweetener	97±19	30	18
675 Bajra (Pennisetum typhoideum), eaten as roasted bread made from bajra flour	55±13		
Bajra (Pennisetum typhoideum)	49		
Bajra (Pennisetum typhoideum)	67		
Mean of three studies	57±5	75 (dry)	29
676 Banana, (Musa sapientum), Nendra variety, unripe, steamed 1 h ¹¹	70±11	120	31
677 Barley (Hordeum vulgare)	48		
Barley (Hordeum vulgare)	37		
Mean in two groups of subjects	43±6	150	16

678 Bengal gram dhal, chickpea (chana dal)	11	150	4
679 Black gram, (<i>Phaseolus mungo</i>), soaked 12 h, stored moist 24 h, steamed 1 h ¹¹	43±10	150	8
Chapatti			
680 Chapatti, amaranth-wheat (25:75) composite flour, served with bottle gourd and tomato curry	66±10	60	20
681 Chapatti, amaranth-wheat (50:50) composite flour, served with bottle gourd and tomato curry	76±20	60	23
682 Chapatti, baisen		27	
683 Chapatti, bajra		67	
Chapatti, bajra		49	
Mean in two groups of subjects		58±9	
684 Chapatti, barley		37	
Chapatti, barley		48	
Mean in two groups of subjects		42±5	
685 Chapatti, maize, (<i>Zea mays</i>)		64	
Chapatti, maize, (<i>Zea mays</i>)		59	
Mean in two groups of subjects		62±3	
686 Chapatti, wheat, served with bottle gourd and tomato curry	66±9	60	21
687 Chapatti, flour from malted wheat, moth bean (<i>Phaseolus aconitifolius</i>) and bengal gram (<i>Cicer arietinum</i>)	66±9	60	25
688 Chapatti, flour made from popped wheat, moth bean and bengal gram	40±8	60	14
689 Chapatti, flour from roller dried wheat, moth bean and bengal gram	60±9	60	23
690 Chapatti, wheat flour, thin, with green gram (<i>Phaseolus aureus</i>) dhal	81±4	200	41
Chapatti, wheat flour, thin, with green gram (<i>Phaseolus aureus</i>) dhal	44±3	200	22
Mean in two groups of subjects	63±19	200	32
Cheela (thin savoury pancake made from legume flour batter)			
691 Cheela, bengal gram (<i>Cicer arietinum</i>)	42±1	150	12
Cheela, bengal gram (<i>Cicer arietinum</i>), fermented batter	36±1	150	10
692 Cheela, green gram (<i>Phaseolus aureus</i>)	45±1	150	12

Cheela, green gram (<i>Phaseolus aureus</i>), fermented batter	38±1	150	10
693 Dhokla, leavened, fermented, steamed cake; dehusked chickpea and wheat semolina	35±4		
Dhokla, leavened, fermented, steamed cake; dehusked chickpea and wheat semolina	31±6		
Mean in two groups of subjects	33±2	100	6
694 Dosai (parboiled and raw rice, soaked, ground, fermented and fried) with chutney	77±3	150	30
Dosai (parboiled and raw rice, soaked, ground, fermented and fried) with chutney	55±2	150	22
Mean in two groups of subjects	66±11	150	26
695 Green gram, (<i>Phaseolus aureus</i>), soaked 12 h, stored moist 24 h, steamed 1 h ¹¹	38±14	150	6
696 Green gram, whole with varagu (<i>Paspalum scorbicum</i>), pressure cooked	57±6	80 (dry)	29
697 Green gram dhal with varagu (<i>Paspalum scorbicum</i>), pressure cooked	78±12	78 (dry)	39
698 Horse gram, (<i>Dolichos biflorus</i>) soaked 12 h, stored moist 24 h, steamed 1 h ¹¹	51±11	150	15
699 Idli (parboiled and raw rice + black dhal, soaked, ground, fermented, steamed) with chutney	77±2	250	40
Idli (parboiled and raw rice + black dhal, soaked, ground, fermented, steamed) with chutney	60±2	250	31
Mean in two groups of subjects	69±9	250	36
700 Jowar, roasted bread made from Jowar flour (<i>Sorghum vulgare</i>)	77±8	70 (dry)	39
701 Laddu (popped amaranth, foxtail millet, roasted legume powder, fenugreek seeds)	24±4		
in hot sweet syrup			
Laddu (popped amaranth, foxtail millet, roasted legume powder, fenugreek seeds)	29±4		
in hot sweet syrup			
Mean in two groups of subjects	27±3	50	8
702 Lentil and cauliflower curry with rice (Australia)	60±10	360	31
703 Millet/Ragi, (<i>Eleusine coracana</i>), dehusked, soaked 12 h, stored moist 24 h, steamed 1 h ¹¹	68±10	150	23
704 Millet/Ragi (<i>Eleusine coracana</i>) ¹¹	84	70 (dry)	42
Millet/Ragi (<i>Eleusine coracana</i>) flour eaten as roasted bread	104±13	70 (dry)	52
mean of two studies	94±10		
705 Pongal (rice and roasted green gram dhal, pressure cooked)	90±3		
Pongal (rice and roasted green gram dhal, pressure cooked)	45±2		

	Mean in two groups of subjects	68±23	250	35
706	Poori (deep-fried wheat flour dough) with potato palya (mashed potato)	82±2		
	Poori (deep-fried wheat flour dough) with potato palya (mashed potato)	57±1		
	Mean in two groups of subjects	70±13	150	28
707	Rajmah, <i>Phaseolus vulgaris</i>	19	150	6
708	Rice, (<i>Oryza Sativa</i>) boiled served with bottle gourd and tomato curry	69±15	150	26
709	Semolina			
	Semolina (<i>Triticum aestivum</i>), steamed	55±9	67 (dry)	28
	Semolina (<i>Triticum aestivum</i>), pre-roasted	76±6	67 (dry)	38
	Semolina (<i>Triticum aestivum</i>) with fermented black gram dhal (<i>Phaseolus mungo</i>)	46±12	71 (dry)	23
	Semolina (<i>Triticum aestivum</i>) with fermented green gram dhal (<i>Phaseolus aureus</i>)	62±20	71 (dry)	31
	Semolina (<i>Triticum aestivum</i>) with fermented bengal gram dhal (<i>Cicer arietum</i>)	54±7	71 (dry)	27
710	Tapioca (<i>Manihot utilissima</i>), steamed 1h ¹¹	70±10	250	12
711	Varagu (<i>Paspalum scorbiculatum</i>), pressure cooked 15lb 12-15 min	68±8	76 (dry)	34
712	Upittu (roasted semolina and onions, cooked in water)	67±3		
	Upittu (roasted semolina and onions, cooked in water)	69±4		
	Mean in two groups of subjects	68±1	150	28
713	Uppuma kedgeree (millet, legumes, fenugreek seeds; roasted and cooked in water)	18±3		
	Uppuma kedgeree (millet, legumes, fenugreek seeds; roasted and cooked in water)	19±3		
	Mean in two groups of subjects	18±1	150	6
	AUSTRALIAN ABORIGINAL			
714	Acacia aneura, mulga seed, roasted, wet ground to paste ⁶	8	50	1
715	Acacia coriacea, desert oak,seed bread ⁶	46	75	11
716	Araucaria bidwillii, bunya tree nut, baked 10 min ⁶	47	50	7
717	Bush honey, sugar bag ⁶	43	30	11
718	Castanospermum australe, blackbean seed, sliced, soaked 1 wk, pounded and baked ⁶	8	50	1
719	Dioscorea bulbifera, cheeky yam, peeled, sliced, soaked 2 d, baked 15 min ⁶	34	150	12

720 Macrozamia communis, cycad palm seed, sliced, soaked 1 wk, pounded, baked ⁶	40±2	50	10
PACIFIC ISLANDERS			
721 Breadfruit (<i>Artocarpus altilis</i>) (Australia) ⁶	68	120	18
722 Banana/plantain, green			
Green banana, boiled (New Zealand)	38±10	120	8
723 Sweet Potato			
Sweet potato, <i>Ipomoea batatas</i> (Australia)	44	150	11
Sweet potato, kumara (New Zealand)	77±12	150	19
Sweet potato, kumara (New Zealand)	78±6	150	20
mean of three studies	66±11	150	17
724 Taro			
Taro (<i>Colocasia esculenta</i>) peeled, boiled (Australia)	54		
Taro, peeled, boiled (New Zealand)	56±12		
mean of two studies	55±1	150	4
725 Yam			
Yam, peeled, boiled (New Zealand)	25±4		
Yam, peeled, boiled (New Zealand)	35±5		
mean of two groups of subjects	30±5	150	13
ISRAELI			
726 Melawach (dough made from white wheat flour and butter, fried)	61±10		
Melawach	71±7		
mean of two studies	66±5	115	35
727 Melawach + 15 g locust bean (<i>Ceratonia siliqua</i>) fiber (soluble)	31±6	130	16
728 Melawach + 15 g maize cob fiber (insoluble)	59±10	130	31
729 Melawach + 15 g lupin (<i>Lupinus albus</i>) fiber	72±10	130	38
PIMA INDIAN			
730 Acorns, stewed with venison (<i>Quercus emoryi</i>) ⁶	16±1	100	1

731 Cactus jam (<i>Stenocereus thurberi</i>)	91	30	18
732 Corn hominy (<i>Zea mays</i>) ⁶	40±5	150	12
733 Fruit Leather (<i>Stenocereus thurberi</i>)	70	30	17
734 Lima beans broth (<i>Phaseolus lunatus</i>) ⁶	36±3	250	12
735 Mesquite cakes (<i>Prosopis velutina</i>) ⁶	25±3	60	1
736 Tortilla (<i>Zea mays</i> and <i>Olneya tesota</i>)	38	60	9
737 White teparies broth (<i>Phaseolus acutifolius</i>) ⁶	31±3	250	10
738 Yellow teparies broth (<i>Phaseolus acutifolius</i>) ⁶	29±3	250	8

LATIN AMERICAN

739 Arepa, corn bread cake, made with corn flour (Mexico)	72	100	31
740 Arepa, made from ordinary dehulled dent corn flour (25% amylose) ^{9, 34}	81	100	35
741 Arepa, made from dehulled high-amylose (70%) corn flour ^{9, 34}	44	100	11
742 Black Beans	30	150	7
743 Brown Beans	38	150	9
744 Corn tortilla (Mexican)	52	50	12
745 Corn tortilla, served with refried mashed pinto beans and tomato sauce (Mexican)	39	100	9
746 Corn tortilla, fried, with mashed potato, fresh tomato and lettuce (Mexican)	78	100	11
747 Nopal (prickly pear cactus)	7	100	0
748 Pinto beans, boiled in salted water	14	150	4
749 Wheat tortilla (Mexican)	30	50	8
750 Wheat tortilla served with refried pinto beans and tomato sauce (Mexican)	28	100	5

Footnotes:

¹NS, not specified; type 1 and type 2, subjects with type 1 and type 2 diabetes; AUC, area under the curve.

Serving sizes in grams unless specified otherwise.

²The published tables show GI values based on glucose=100 or on white bread=100.

³Estimated by multiplying the food's listed GI value with glucose as the reference food by the g carbohydrate per serving and dividing by 100.

⁴Human Nutrition Unit (Sydney University, Australia), unpublished observations, 1995-2002.

⁵The low GI may be explained by the inclusion of rolled oats in the recipe.

⁶Portions of the test food and the reference food contained 25 g carbohydrate.

⁵V Lang (Danone Vitapole Company, Le Plessis-Robinson, France), unpublished observations, 1996-2000.

⁸GI calculated from the AUC for glucose.

⁹GI calculated by using a mathematical formula based on results from an in vitro starch hydrolysis assay.

¹⁰Impaired glucose tolerance.

¹¹Both the test food and the reference food contained 75 g carbohydrate.

¹²Both the test food and the reference food contained 100 g carbohydrate.

¹³Values based on 0.5 g carbohydrate/kg body wt.

¹⁴AUC measured over 3 h for only 5 time points (0, 30, 60, 120, and 180 min).

¹⁵GI corrected for added milk and adjusted to represent a 50-g carbohydrate portion size.

¹⁶Made from raw oats that were cooked for 20 min.

¹⁷Used as reference food and given a GI of 100. The GI of the test food was measured by expressing the glucose AUC value for the test food as a percentage of the AUC value for wheat chapatti.

¹⁸GI calculated from AUC food/AUC glucose formula. The AUC value was calculated over 3 h for 5 time points only.

¹⁹J Dzieniszewski, J Ciok (National Food and Nutrition Institute, Poland), unpublished observations, 1996-2001.

²⁰J Brand-Miller, S Holt (Sydney University, Australia), and V Lang (Danone Vitapole Company, Le Plessis-Robinson, France), unpublished observations, 2000 and 2001.

²¹M Champ (INRA, France) and V Lang (Danone Vitapole Company, France), unpublished observations, 1998.

²²AUC measured over 3 h for only 4 time points (0, 1, 2, and 3 h).

²³AUC calculated as the area above fasting to 3 h only.

²⁴AUC measured over 5 h, but blood samples taken at hourly intervals only.

²⁵Potato used as reference food with a GI fixed at 80. The GI of the test food was calculated by expressing the test food's glucose AUC value as a percentage of the potato's AUC value.

²⁶White rice was used as the reference food, but glucose was also tested and had a GI of 122. The observed GI was multiplied by 100 and then divided by 122 to convert it to a GI on the glucose scale (ie, glucose = reference food with a GI of 100).

²⁷Blood glucose measured at 30-min intervals.

²⁸GI for sugars calculated from the glycemic response for a meal of sugar and rolled oats minus the glycemic response for the oats alone.

²⁹Both the test food and the reference food contained 30 g carbohydrate.

³⁰Total weight of the test food was 25 g, whereas reference food contained 25 g available carbohydrate. The carbohydrate content of the test food was assumed to be 100% available, which may be an overestimate.

³¹Eaten as part of a mixed meal with fish, tomato, and onion sauce.

³²AUC measured over 2 h for 4 time points (0, 30, 60, and 120 min).

³³AUC measured over 4 h for only 6 time points (0, 30, 60, 120, 180, and 240 min).

³⁴Both the test food and the reference food contained 45 g carbohydrate.

³⁵Reference food was an ordinary corn flour arepa.

Additional Foods:

Sports drinks and energy foods:

GatorLode (Orange)	100
Gatorade (Orange)	89
XLR8 (Orange)	68
Poweraid (Orange)	65
Cytomax (Orange)	62
Allsport (Orange)	53
Cliff bar (Cookies & Cream)	101

Power bar (Chocolate)	83
PR-bar (Cookies 'N Cream)	81
MET-Rx bar (Vanilla)	74
GatorPro (Chocolate) meal	89
Optifuel meal	78
Ensure (Vanilla) meal	75
Boost High Protein (Vanilla) meal	59
MET-Rx (Vanilla) meal	58
Boost (Vanilla) meal	53

Source: Randall J. Gretebeck et al., "Glycemic index of popular sports drinks and energy foods," *Journal of the American Dietetic Association*, March 2002, pp. 415-417.

Dates:

bahri dates	50
khalas dates	36
bo ma'an dates	31

Source: Campbell J. Miller et al., "Glycemic index of 3 varieties of dates," *Saudi Medical Journal*, May 2002, pp. 536-538.

New pasta test:

ProtiPasta	28	100	10
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Source: Sydney University's Glycemic Index Research Service

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